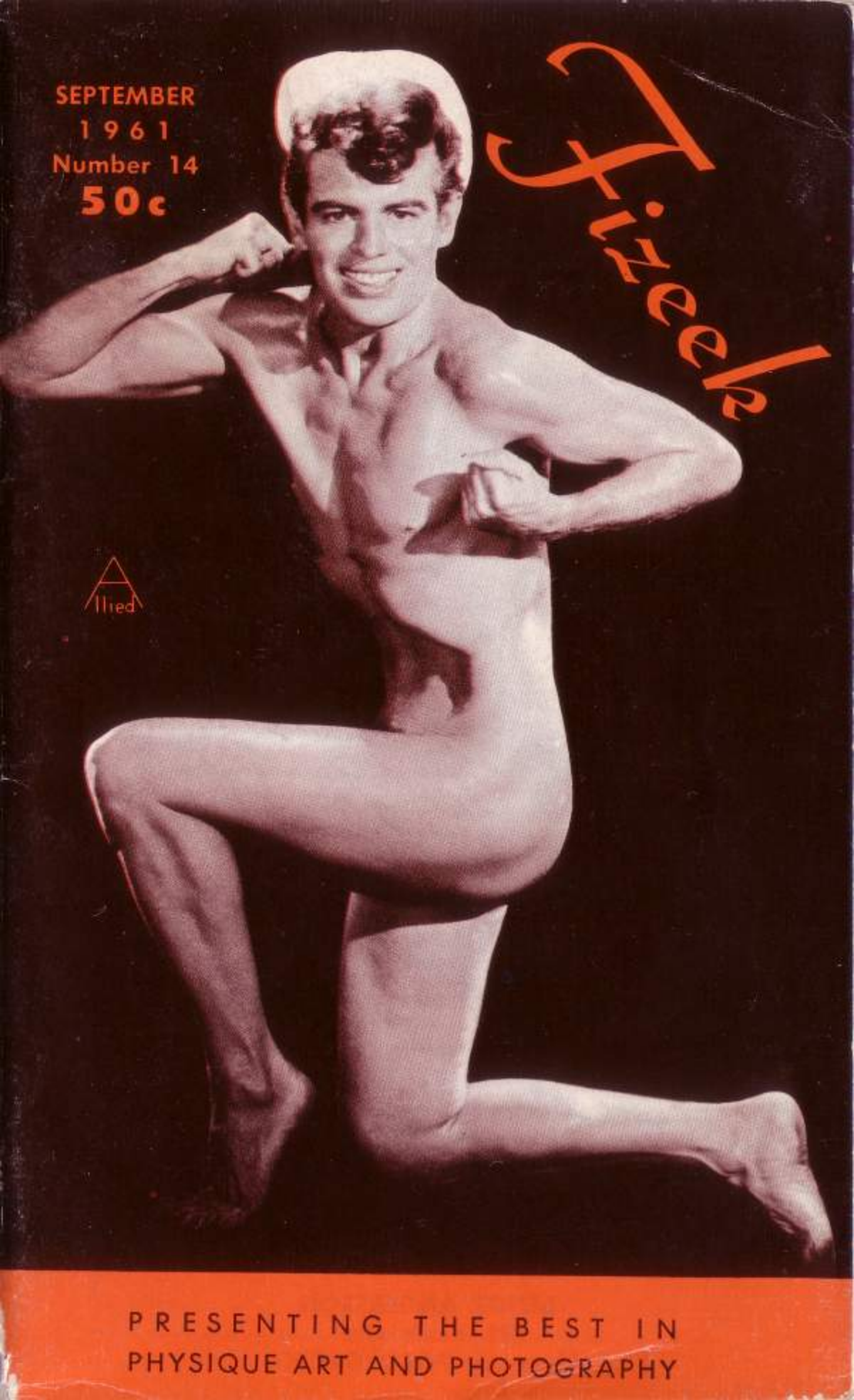
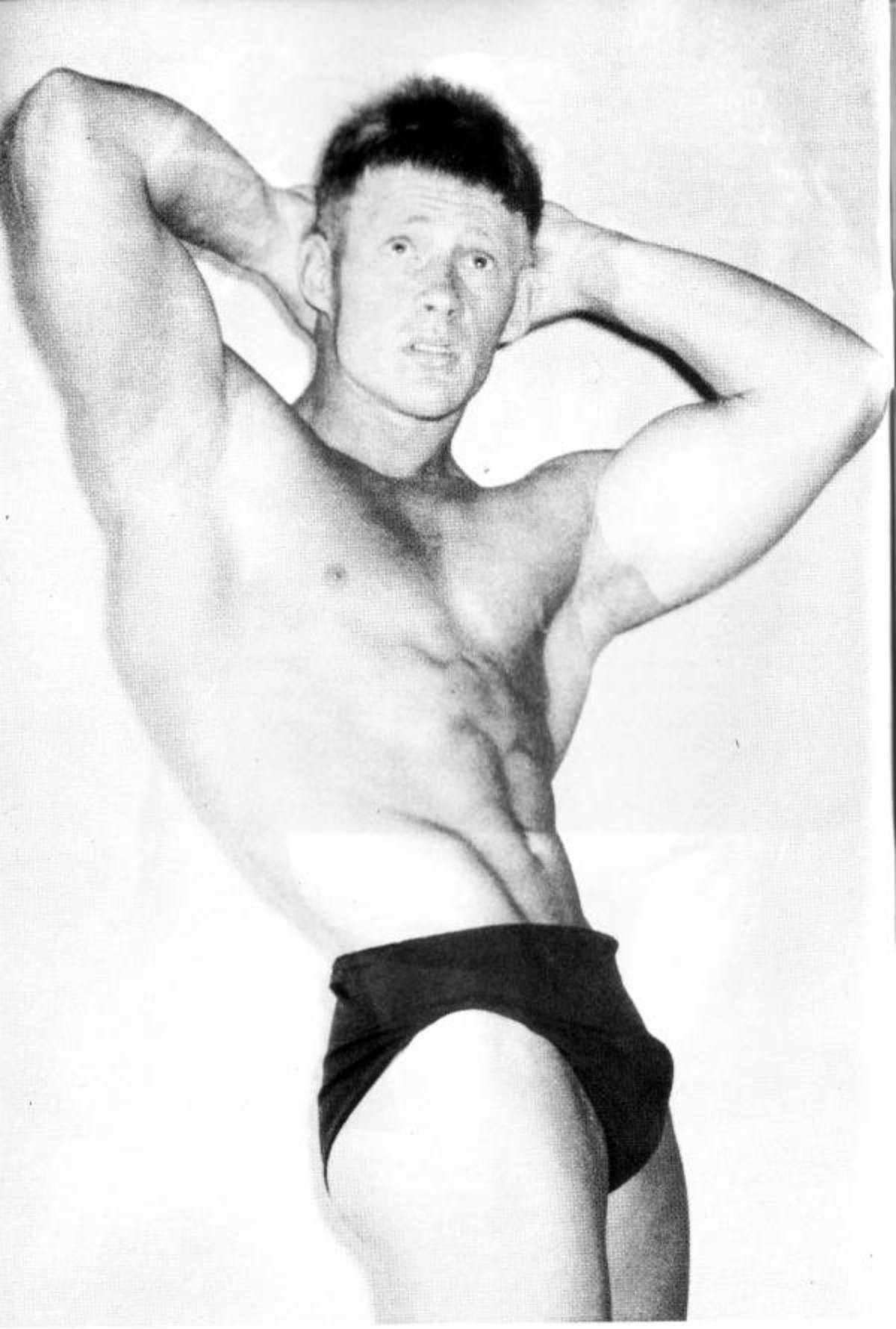
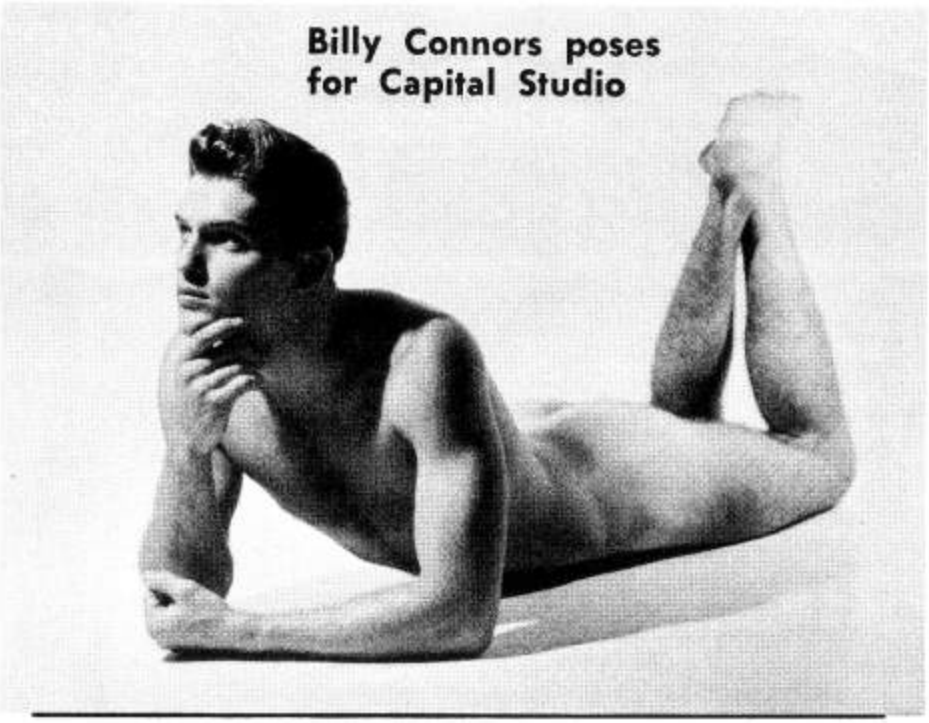

SEPTEMBER
1961
Number 14
50c
Fizeek
Allied
PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY



BENGT ANDERSSON
21 Years Old
Photo by FOTO GRAFO

Billy Connors poses for Capital Studio



COVERMAN: The Fabulous and New JIMMY DALE, in photos by DON'S MODELS

FIZEEK • Number 14 • September 1961

FIZEEK is published bi-monthly by **FIZEEK ENTERPRIZES, INC.**, Box 385 Benjamin Franklin Station, Washington 4, D. C. Editorial offices are located at 1318 14th St., N.W., Wash. 5, D. C. All manuscripts, art and photographs become the property of **FIZEEK** unless other arrangements are made. Submission of material will be construed as permission to publish same without further correspondence. All rights reserved. No portion of contents may be reproduced without publisher's express permission.

FIZEEK ENTERPRISES, INC.

Box 385—Franklin Station Washington 4, D. C.

Application to mail at 2nd Class Postage Rates is pending at Washington, D. C.

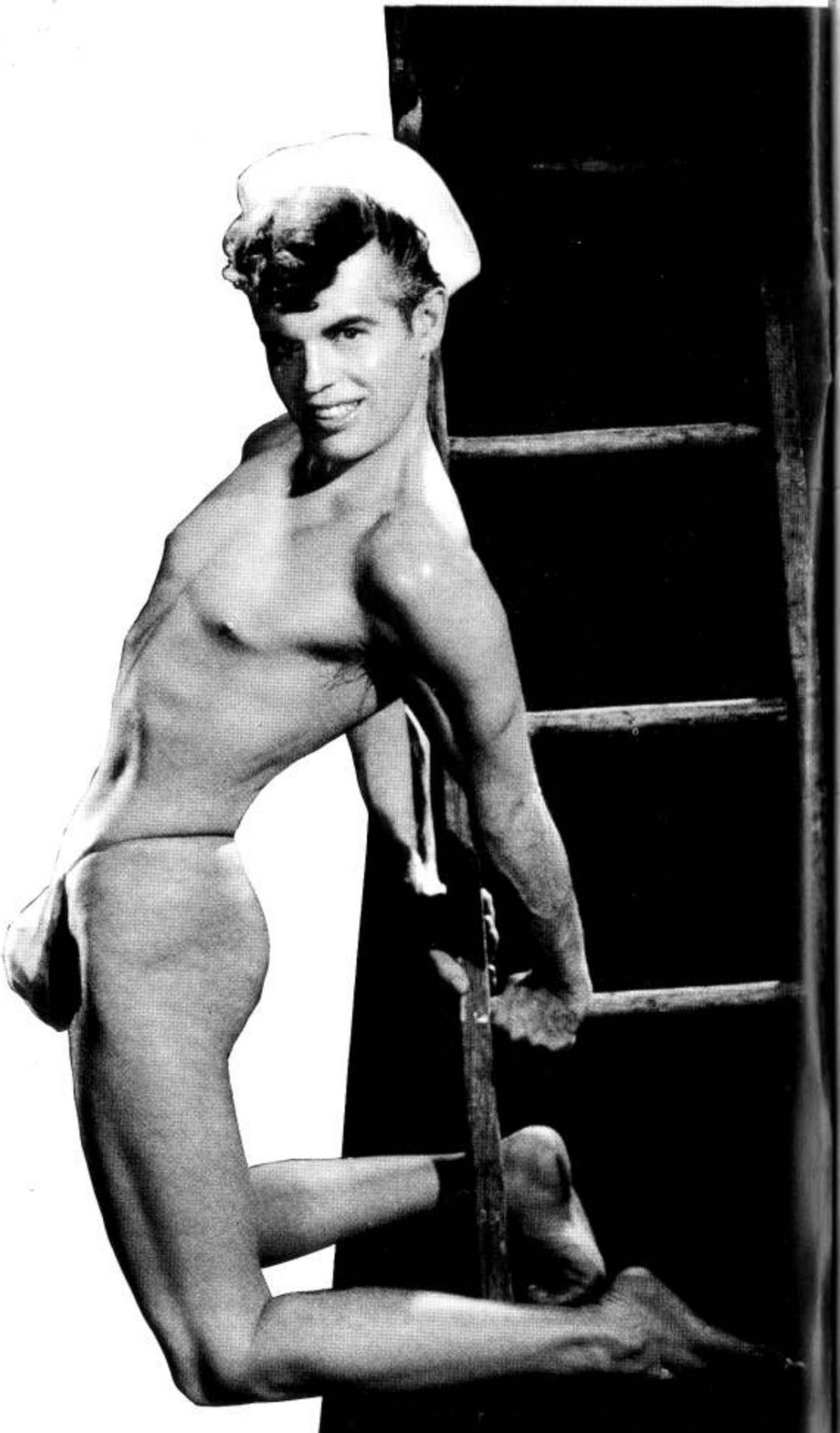
Please enter my subscription to **FIZEEK**. Enclosed is $5.00 to cover a subscription to the next 12 issues to be sent to me sealed, First Class Mail. Foreign readers, with the exception of those living in Canada and Mexico, will add $1.50 to the above rates.

Name.....

Street Address.....

City.....*Zone*.....*State*.....

Printed in U. S. A.



Know Your Body

by CARLSON WADE

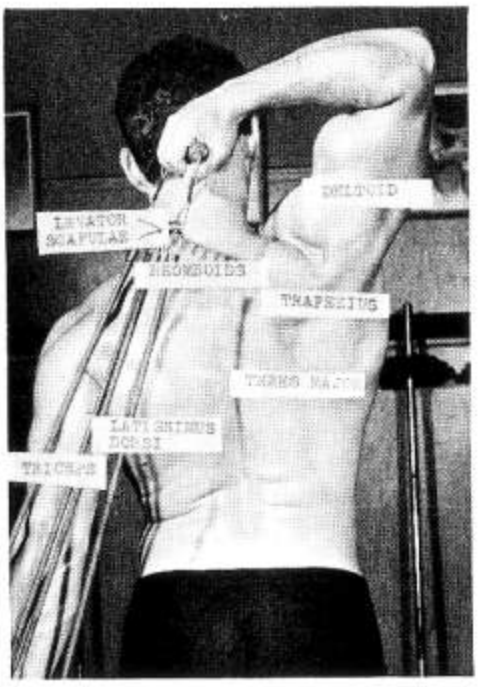
(CHAPTER 3)

Let us now take a look at your trunk, pelvis, thighs and legs and see which muscles are to be developed.

There are three major trunk muscles that produce movement just above your hips and are of importance in physical training:

1. Rectus abdominis. This large muscle is located on the front portion of the belly wall. It originates on the public arch at the bottom of your pelvis, runs upward over the abdominal area and inserts on the sternum and the 5th, 6th, 7th and 8th ribs. This muscle retracts the belly wall and tilts the pelvis upward in front. It also aids in flexing the trunk. The rectus abdominis is one of the most important muscles from a postural standpoint.

2. External oblique. This big muscle makes up the side and external portion of the abdominal region. It originates on the lower 8 ribs and runs diagonally downward to insert on the crest and front part of the hip bone and into the linea alba (a tendinous line running down the front of the abdomen between the right and left recti abdominis). This muscle flexes and rotates your trunk.



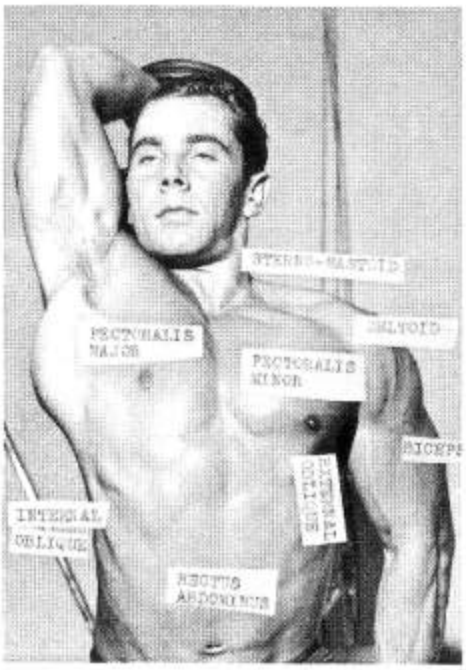
Johnny Palermo, lumberjack of Oregon displays powerful back development. Note muscular definition with indicated names of parts.

3. Internal oblique. This is a deep muscle that lies beneath the external oblique. It originates at the pelvis on the front two-thirds of the crest of the hip bone. It runs diagonally upward and inserts on the 8th, 9th and 10th ribs. The internal oblique muscles flex the trunk and rotate it to the right and left.

YOUR PELVIC MUSCLES

Two muscles of your pelvic region are concerned with flexing the legs at the hip.

1. Iliacus. The iliacus originates from the inner surface of the hip bone. It inserts on the inside of the femur just below the ball and socket joint. It's main function is to flex the thigh through the hip joint.



Handsome Johnny Palermo has terrific chest developments.

2. Psoas Major. The psoas major is a muscle attaching the spine and leg. It originates on the last thoracic and all lumbar vertebrae. It inserts on the inside of the femur just below the ball and socket joint. The psoas major works with the iliacus in flexing the thigh through the hip joint. It is used when you kick, run, sit-ups, etc.

YOUR THIGH MUSCLES

The muscles located on the front and rear of the thigh cross two joints, the thigh and the knee. In general, when they contract they extend one joint and flex the other. For example, in a kicking movement your leg must bend (flex) at the hip and straighten (extend) at the knee. Muscles on the *front* of the thigh region are:

A. SANTORIUS. This muscle is a long, rope-like muscle that stretches across the thigh from the outside of the hip to the inside of your knee. It originates on the forward part of the hip bone and inserts on the medial side of the tibia. This muscle keeps the knee in median plane while running and is used in flexing the knee.

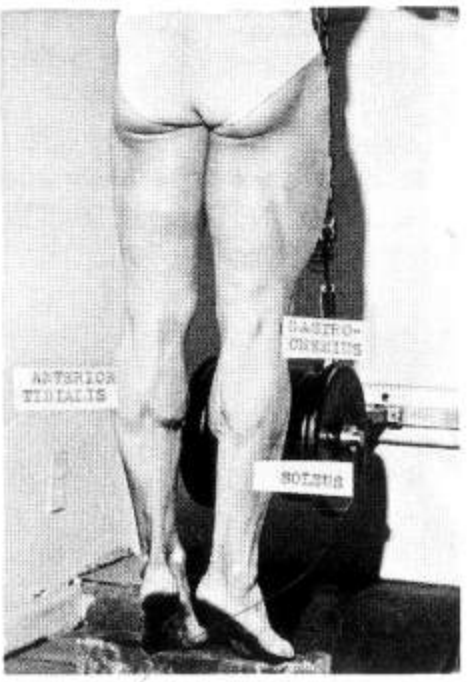
B. QUADRICEPS FEMORIS. This is a four-headed group of muscles located on the front of the thigh region. The tendons of these four muscles fuse, continue over the patella and insert on the tuberosity of the tibia. (Long bone on outside of the leg.) These muscles extend the leg at the knee and, as an added purpose, flex the hip. They are used in walking, jumping, running, kicking, climbing, etc. Here are descriptions of each of this four-headed group of muscles:

(1) **Vastus lateralis.** This muscle is on the outside of the thigh and originates on the upper part of the femur (thigh bone) and inserts on the patella (knee cap).

(2) **Rectus femoris.** This is the center muscle of this group. It originates on the front lower part of the ilium (top bone of the pelvis). It inserts on the upper part of the knee cap.

(3) **Vastus medialis.** This muscle lies on the inside of the thigh. It is partly hidden by the rectus femoris. It originates on the whole medial side of the thigh bone. It inserts on the inner top part of the knee cap.

(4) **Vastus intermedius.** This is a deep muscle lying directly beneath the rectus femoris. (It cannot be illustrated because of its covered position). It originates on the whole front aspect of the thigh bone and inserts on the top back portion of the knee cap.



Sharply defined leg muscles, rear view of Johnny Palermo.

YOUR THIGH MUSCLES

The muscles which enable you to flex your knee and extend your hip are located on the rear of your thigh. These muscles are:

A. GLUTEUS MAXIMUS. This muscle originates on the rear crest of the hip bone and rear surface of the sacrum. It inserts on a rough ridge along the rear of the thigh bone, just below the joint. This muscle is used in all extensions of the upper leg from the trunk. It is used most forcibly in such exercises as jumping, sprinting, parallel bars and lifting.

B. HAMSTRINGS. This group consists of 3 muscles located on the rear of the thigh region which attach the tibia and fibula bones of the lower leg to the thigh bone and pelvix. The main action of this group is to flex the knees and extend the hip. They are used in such exercises as walking, running, jumping and rowing. The three muscles of this group are the:

(1) **Semitendinosus.** This muscle originates on the center (ischium) bone of the pelvic girdle and inserts on the front of the tibia. Its primary function is to flex the leg on the thigh. It also extends the thigh at the hip.

(2) **Semimembranosus.** This muscle also originates on the center bone of the pelvic girdle and inserts on the rear inner surface of the tibia. Its functions include flexing the leg and rotating it inward and extending the thigh at the hip upon contraction.

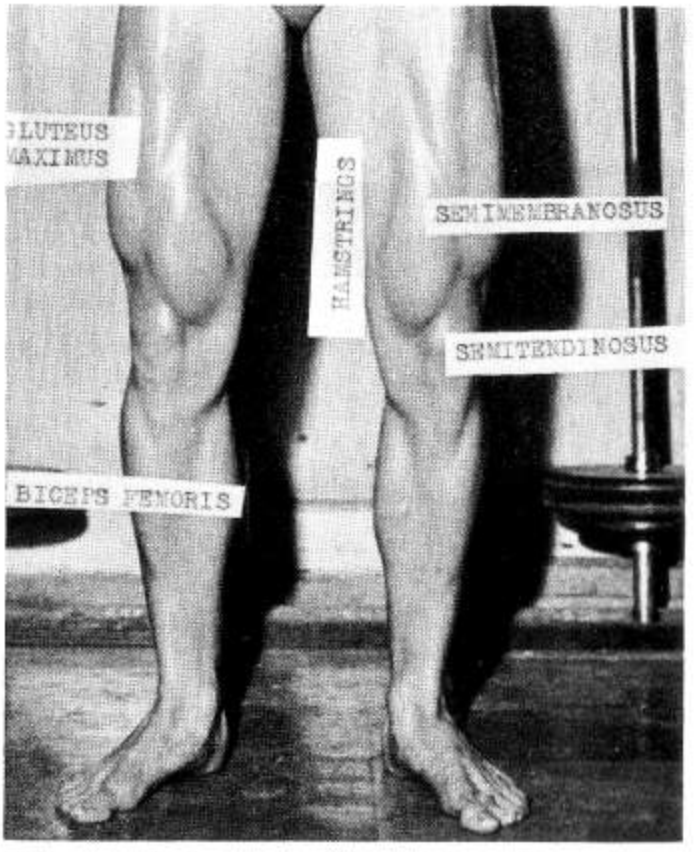
(3) **Biceps femoris.** This is the most important hamstring muscle from a physical training standpoint. It originates on the ischium and the rear surface of the thigh bone and inserts in the head of the fibula. The primary function of this muscle is to flex the knee and rotate it outward. It also extends the thigh at the hip if the leg is kept stiff.

YOUR LOWER LEG MUSCLES

The muscles of your lower leg are located on the front and rear of the lower leg; their action is to flex and extend the foot at the ankle. These muscles are:

1. Anterior Tibialis. This muscle is responsible for flexing your foot. It originates on the upper two-thirds of the outer surface of the tibia and inserts on the first metatarsal bone in the foot.

2. Gastrocnemius and soleus. The gastrocnemius is also called the calf muscle. With the soleus it is responsible for extending the foot at the ankle. It originates on the lower end of the femur and inserts on the heel bone. It is used forcibly in running, starting, jumping and



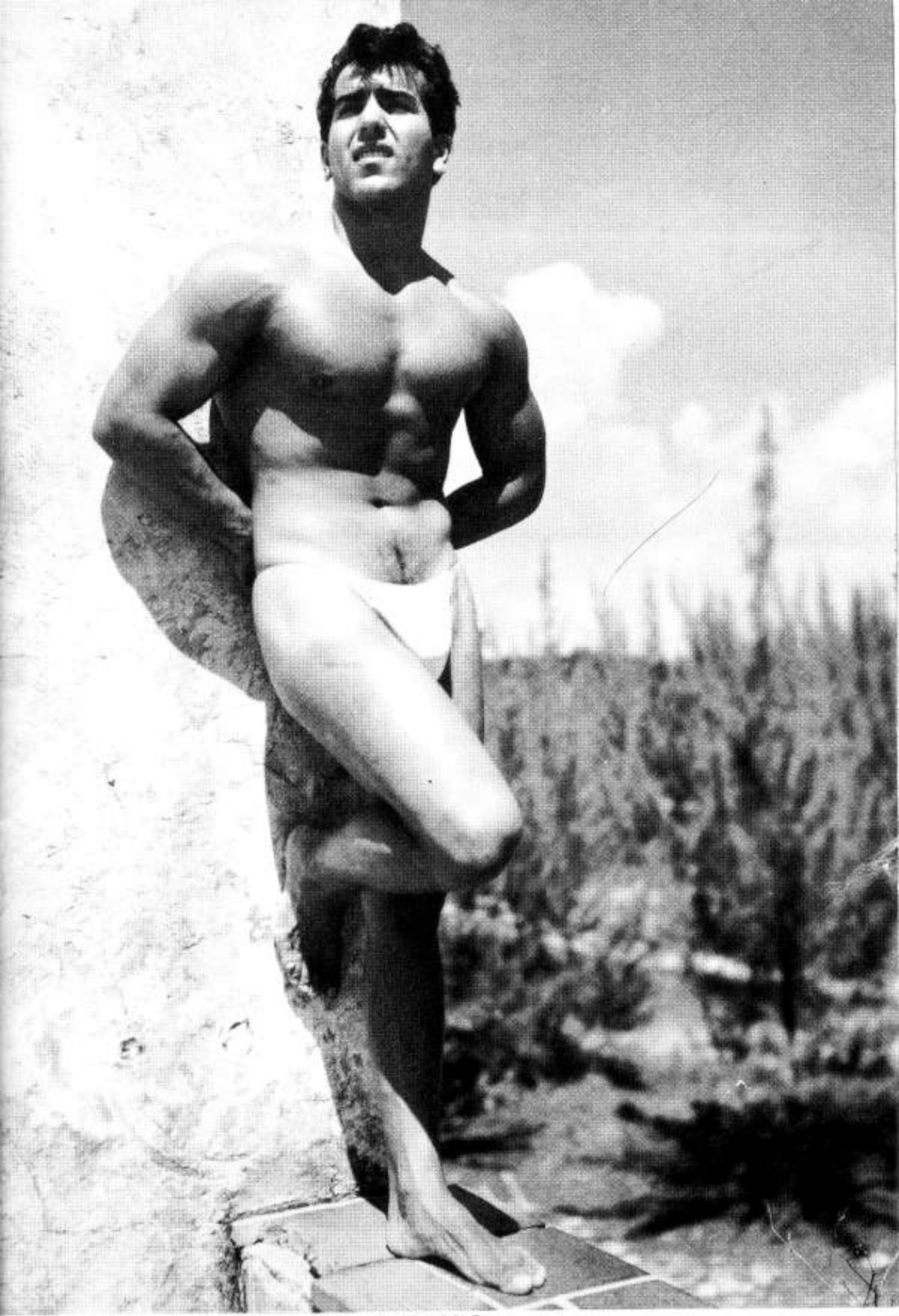
Johnny Palermo's front-view legs have enviable muscular development. All photos courtesy of BOB ANTHONY.

charging. The soleus originates on the upper two-thirds of the tibia and inserts on the heel bone. It works with the calf muscle in extending the foot at the ankle.

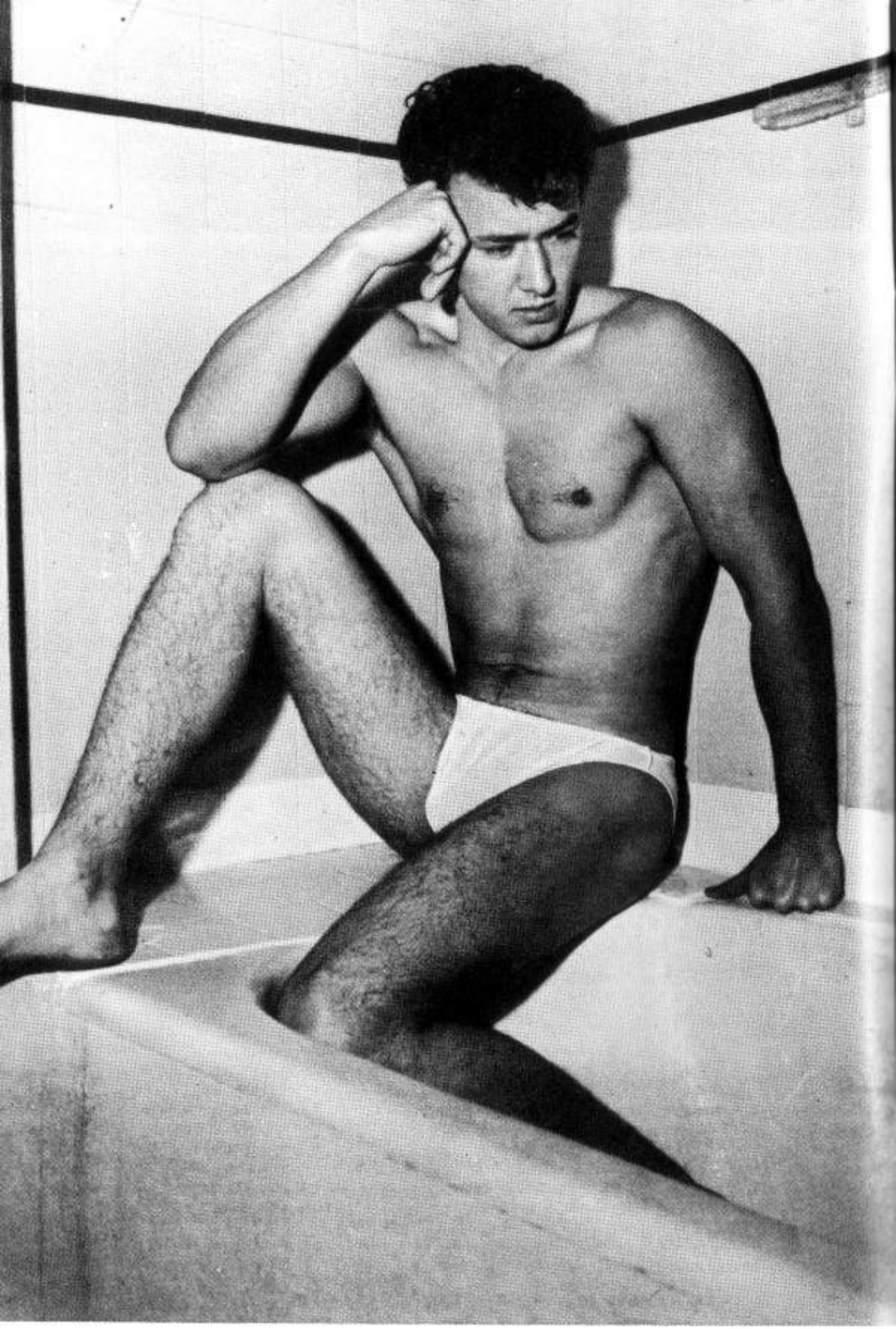
What effect does exercise have upon these bones and muscles? We know that regular workouts, especially among younger enthusiasts, bring about beneficial changes to internal organs and bones. For example, a developed body helps the cancellous plates of the bones to become strengthened and to be rearranged so they can stand up under greater stress and strain. As for bones, if they are not used, they lose a large percentage of their mineral supply. This should be considered when bodybuilders return to the gym after a very prolonged period of inactivity. Such people should be restrained from too much training at start because it may result in bone injury before the stimulus of exercise has brought the bone back to a normal condition.

(To be continued)

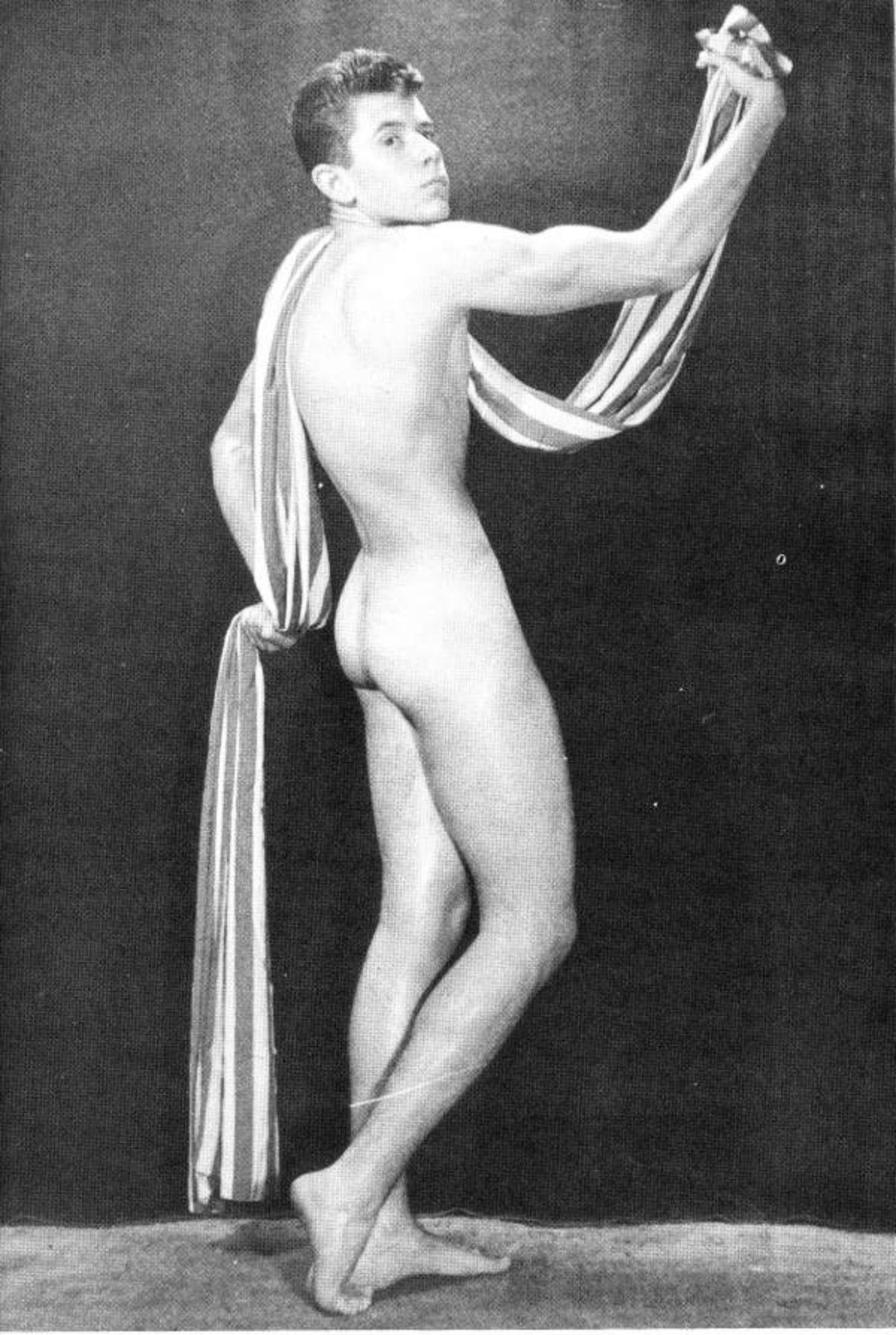
NEXT ISSUE: YOUR CIRCULATORY SYSTEM



YOUTHFUL VINCE CAVALLO
Universe Studio
P.O. Box 52
Coconut Grove Station
Miami 33, Florida

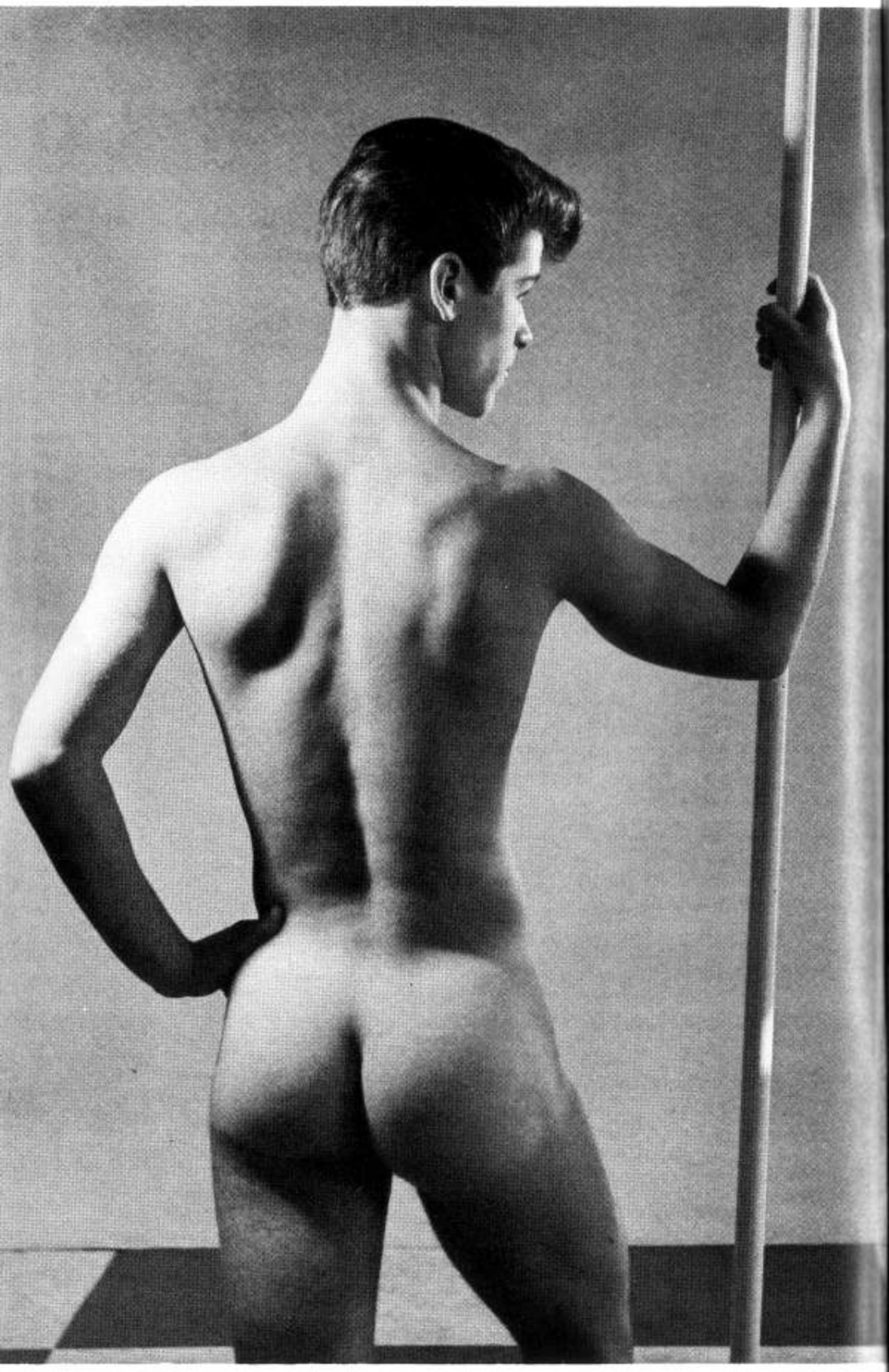


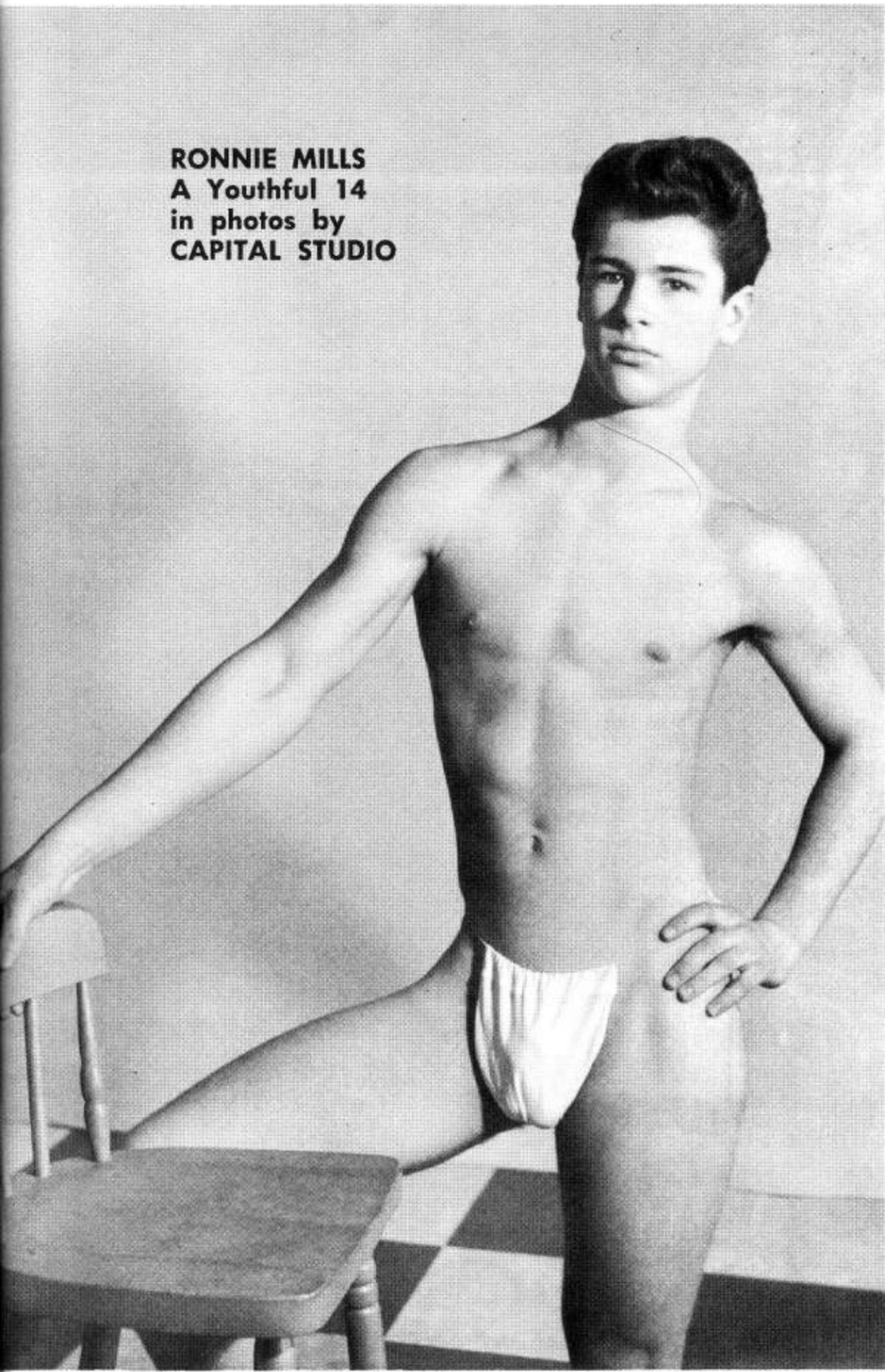
Jim is 20 years of age, 6', and 160 lbs.
Jim O'Brien in a photo by HOMBRE.

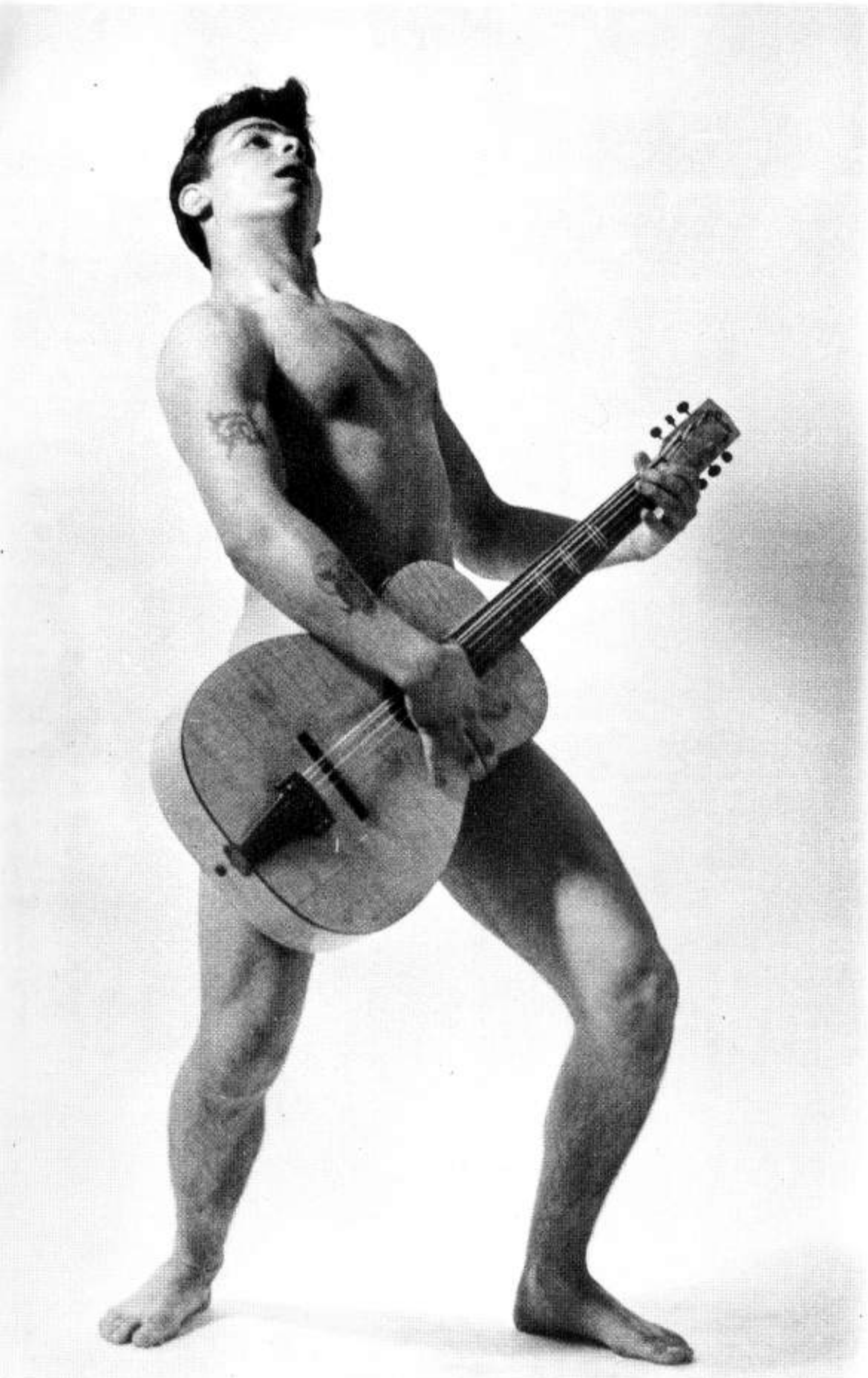


WILLIE ESCOBAR, 16 years old is 5' 8" and weighs 138 lbs.
Photo by C. Rider

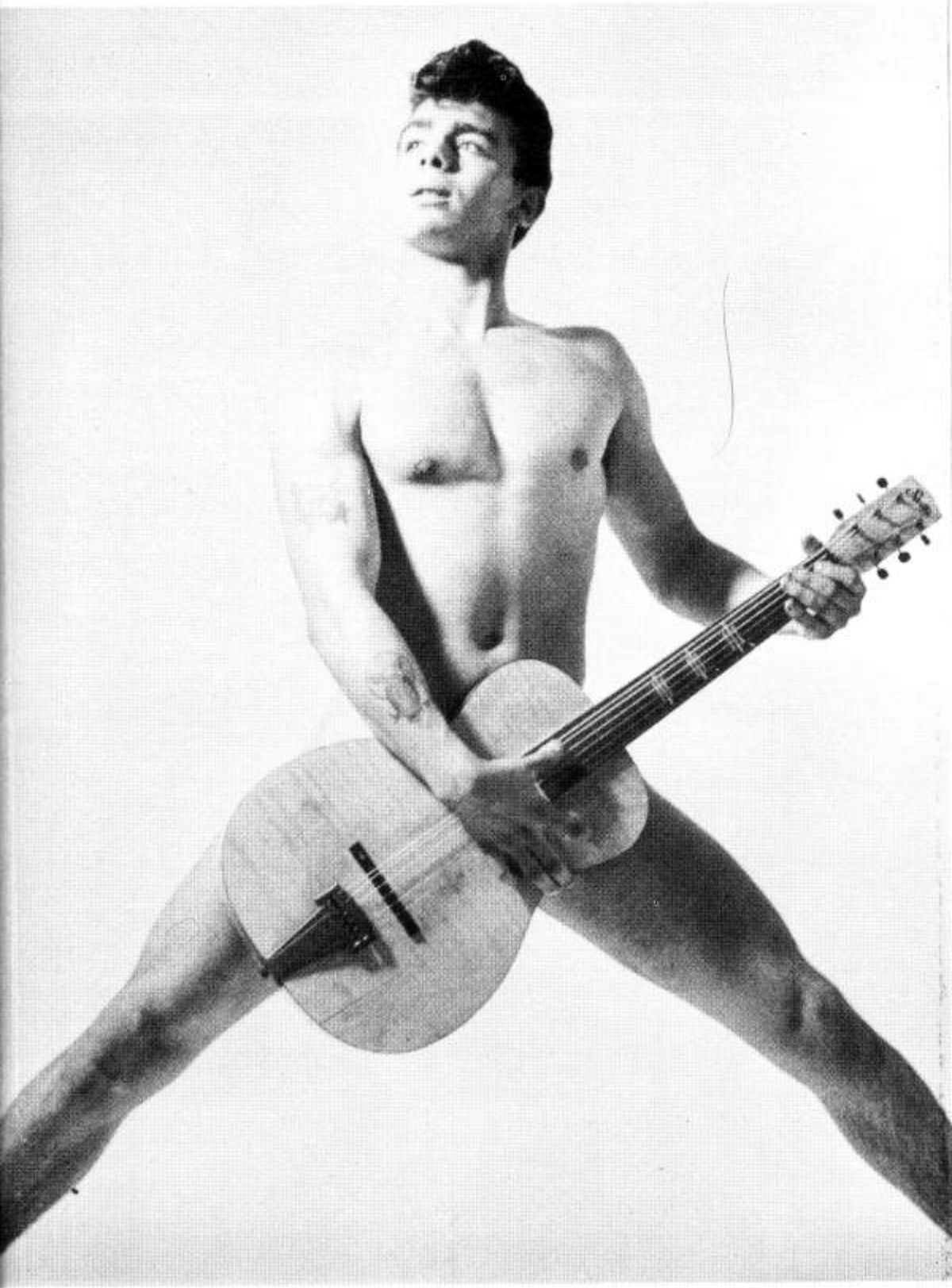
Ron O'Brien
Photos by
KRIS



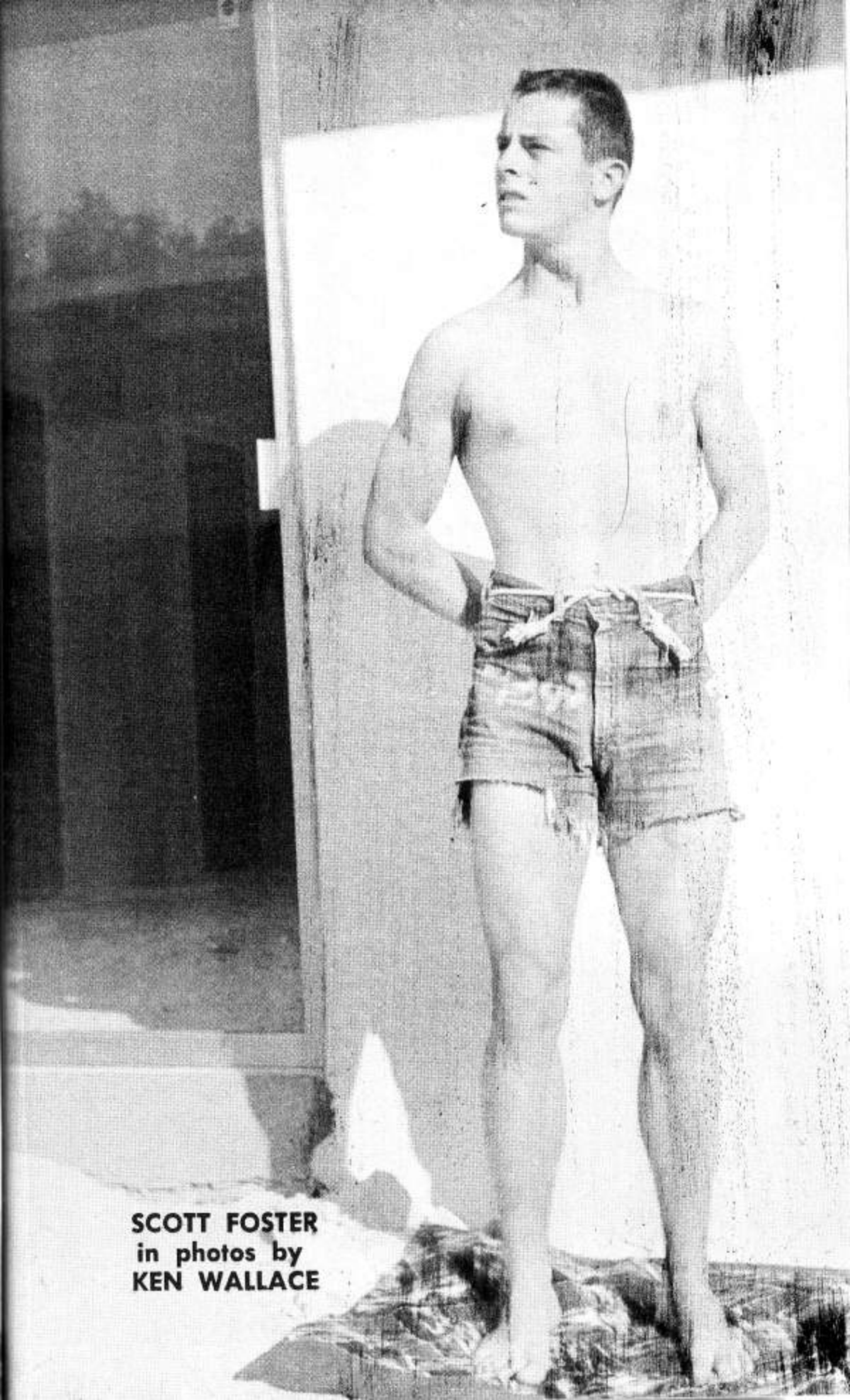

RONNIE MILLS
A Youthful 14
in photos by
CAPITAL STUDIO



'ROCK' STRUMS HIS GUITAR

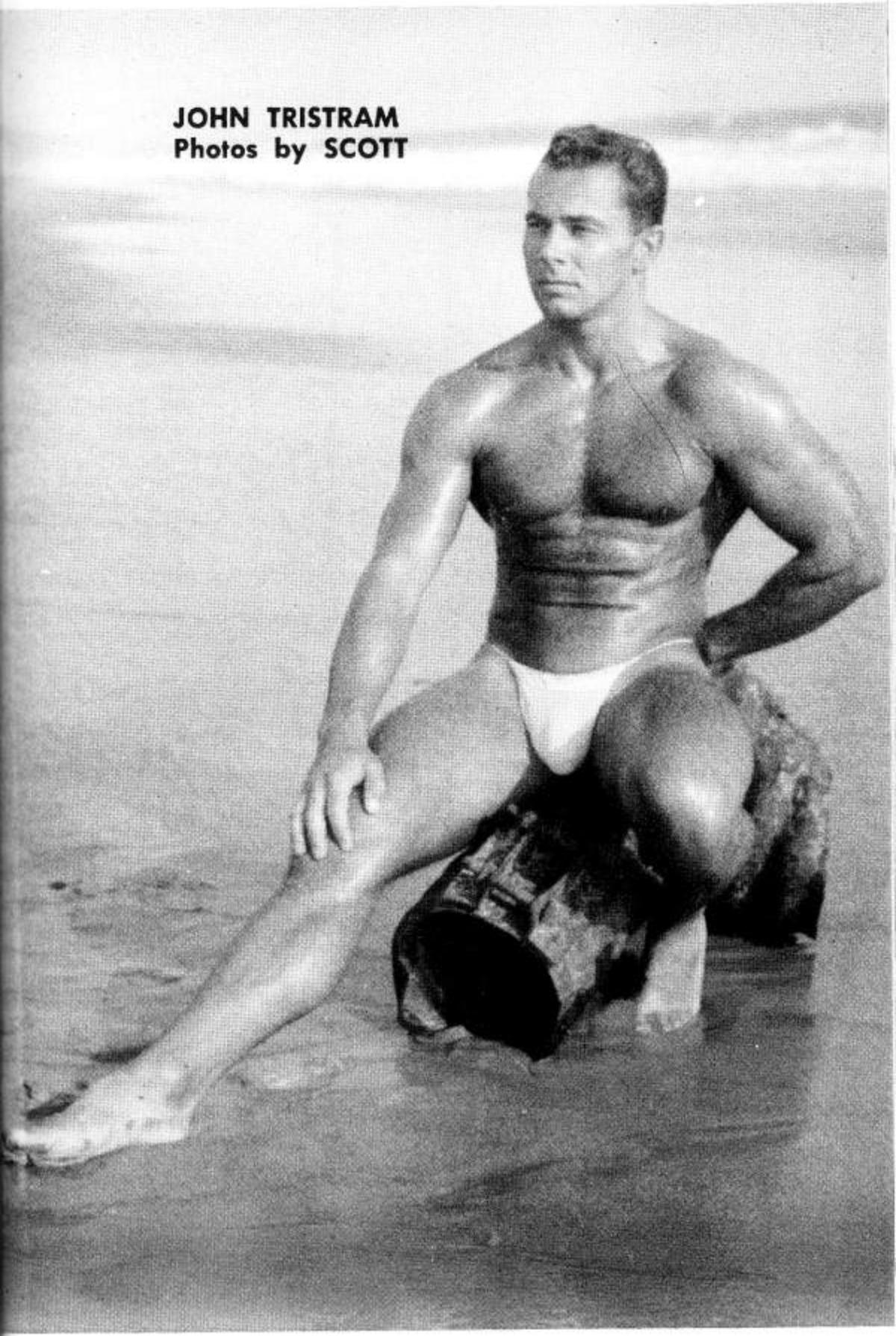


in photos by ANTHONY

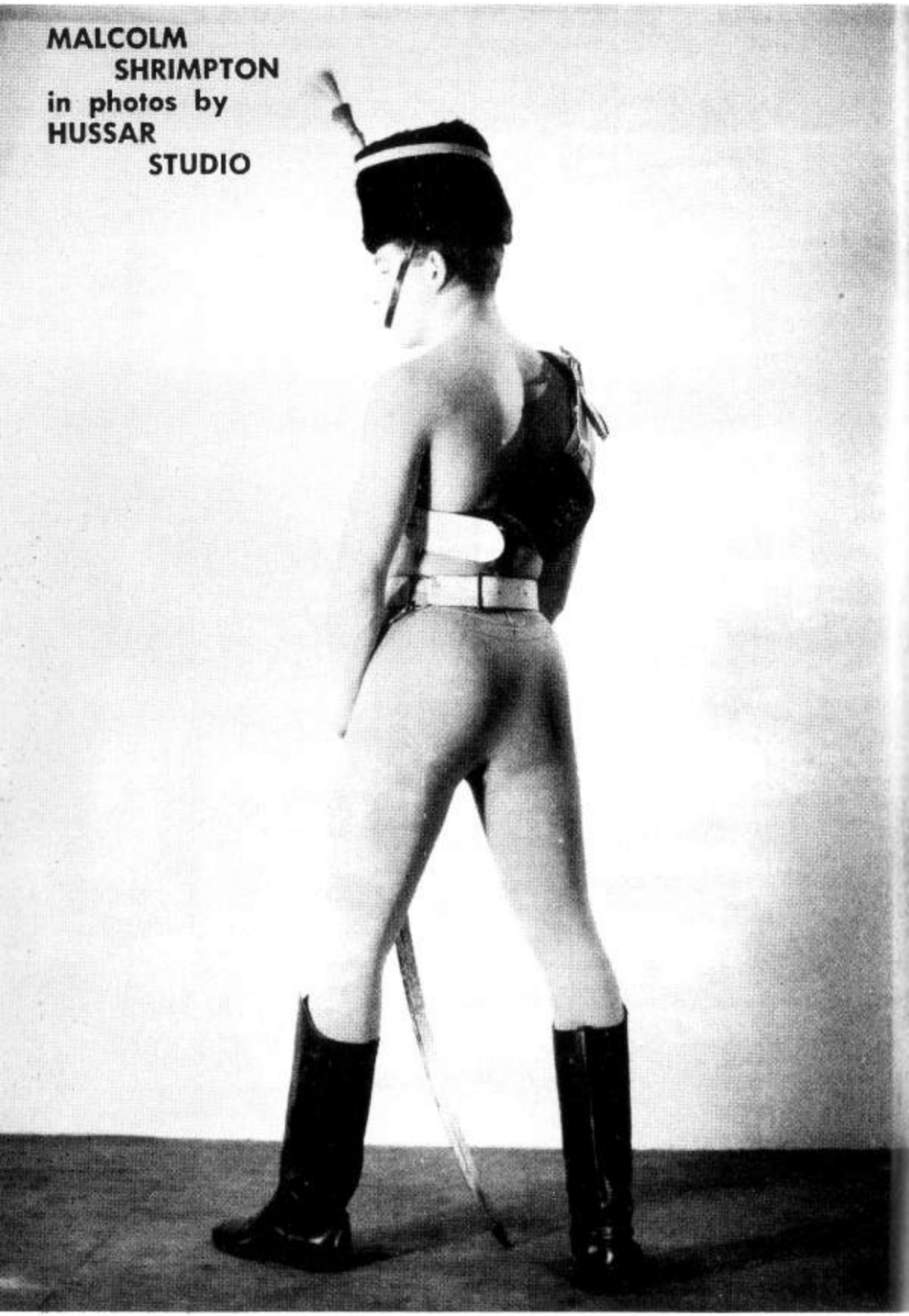


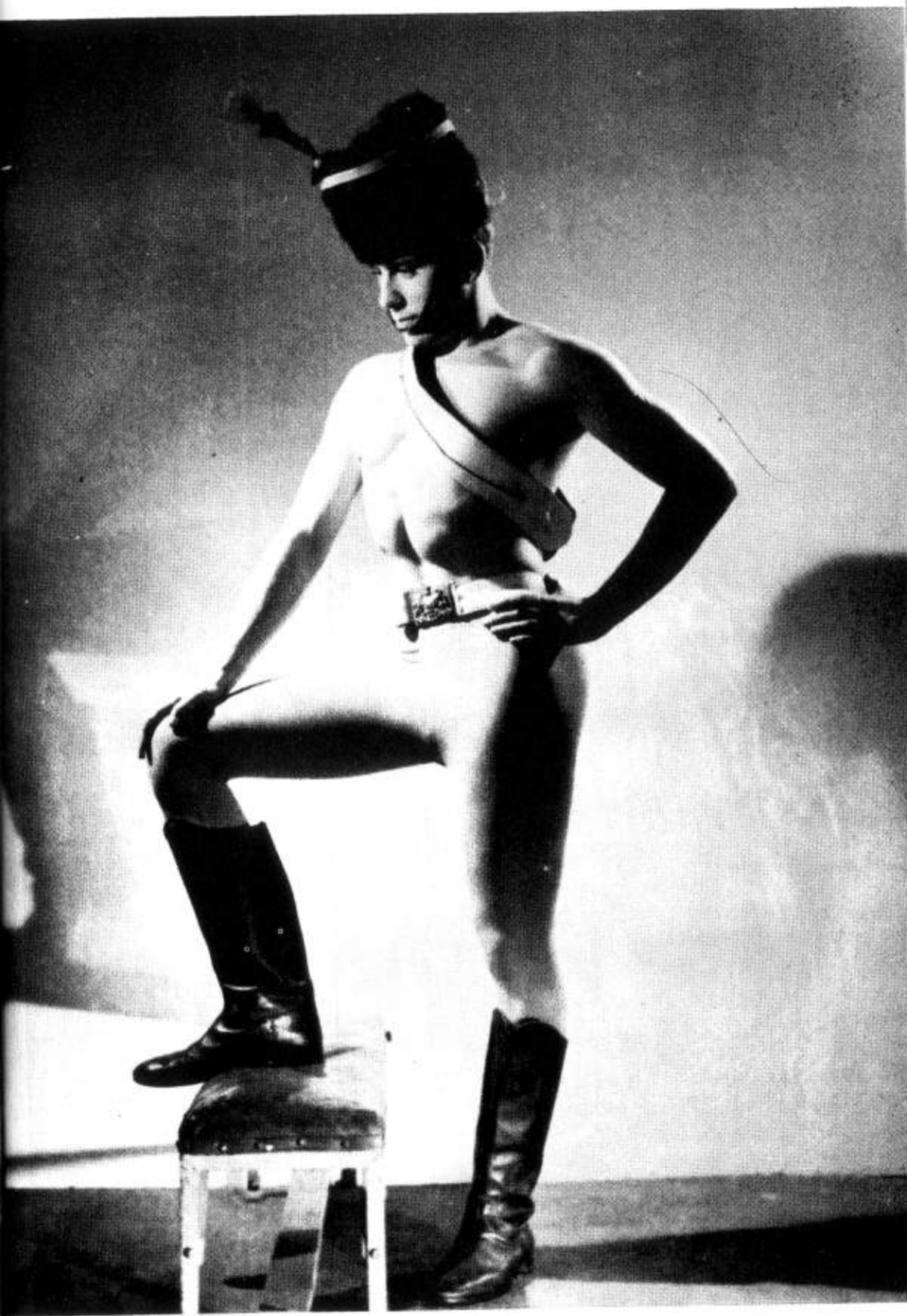
SCOTT FOSTER
in photos by
KEN WALLACE

JOHN TRISTRAM
Photos by SCOTT



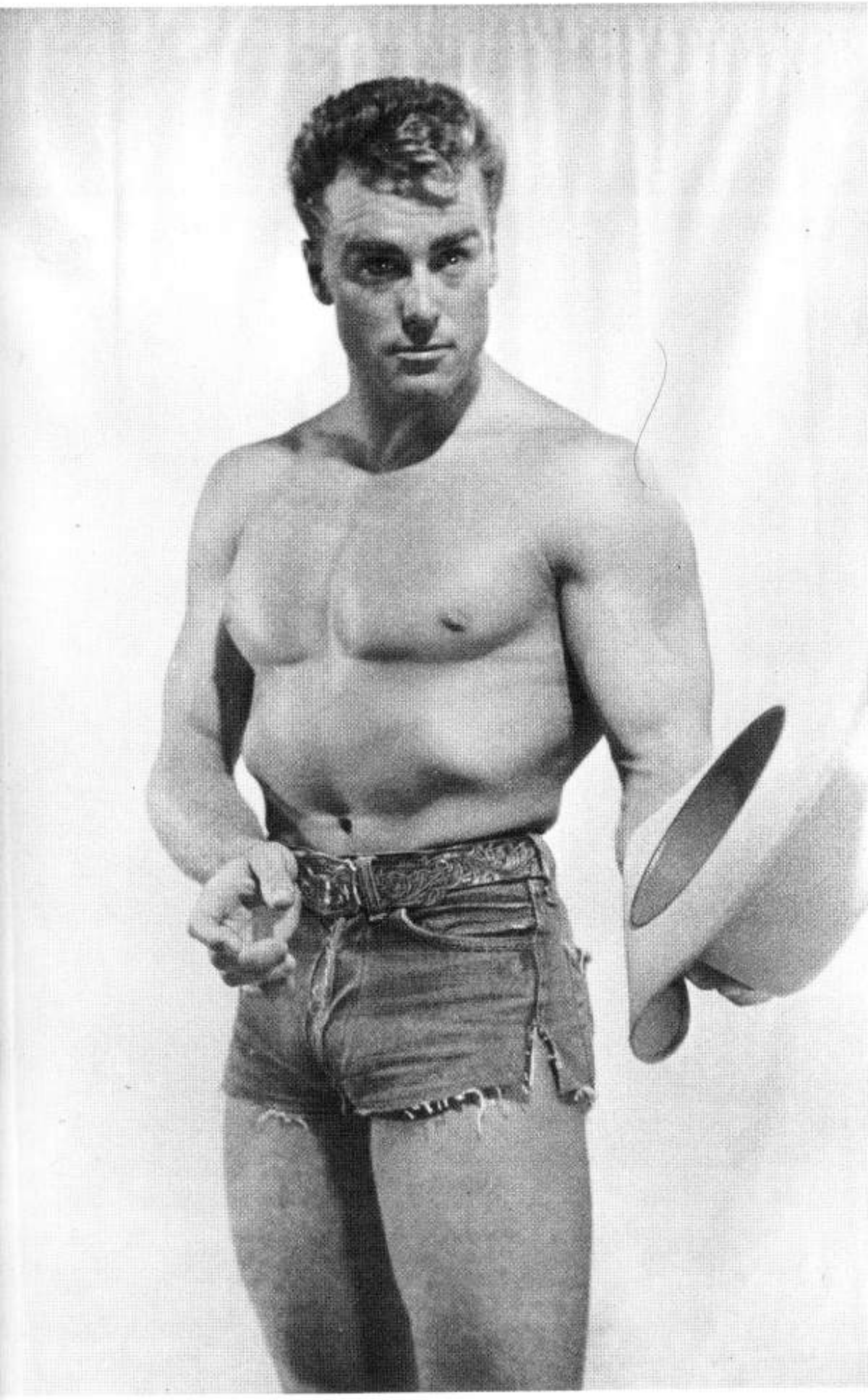
MALCOLM
SHRIMPTON
in photos by
HUSSAR
STUDIO

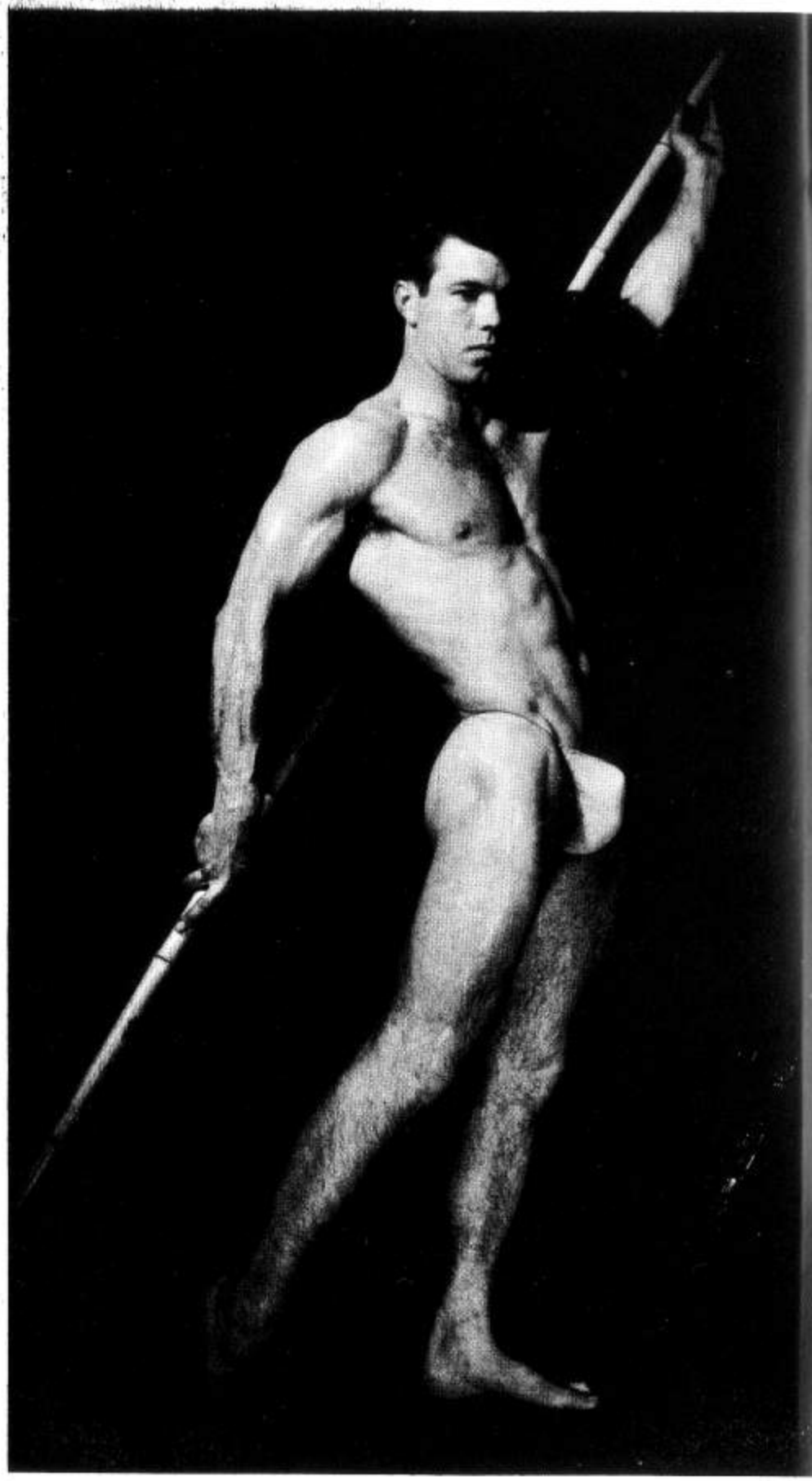


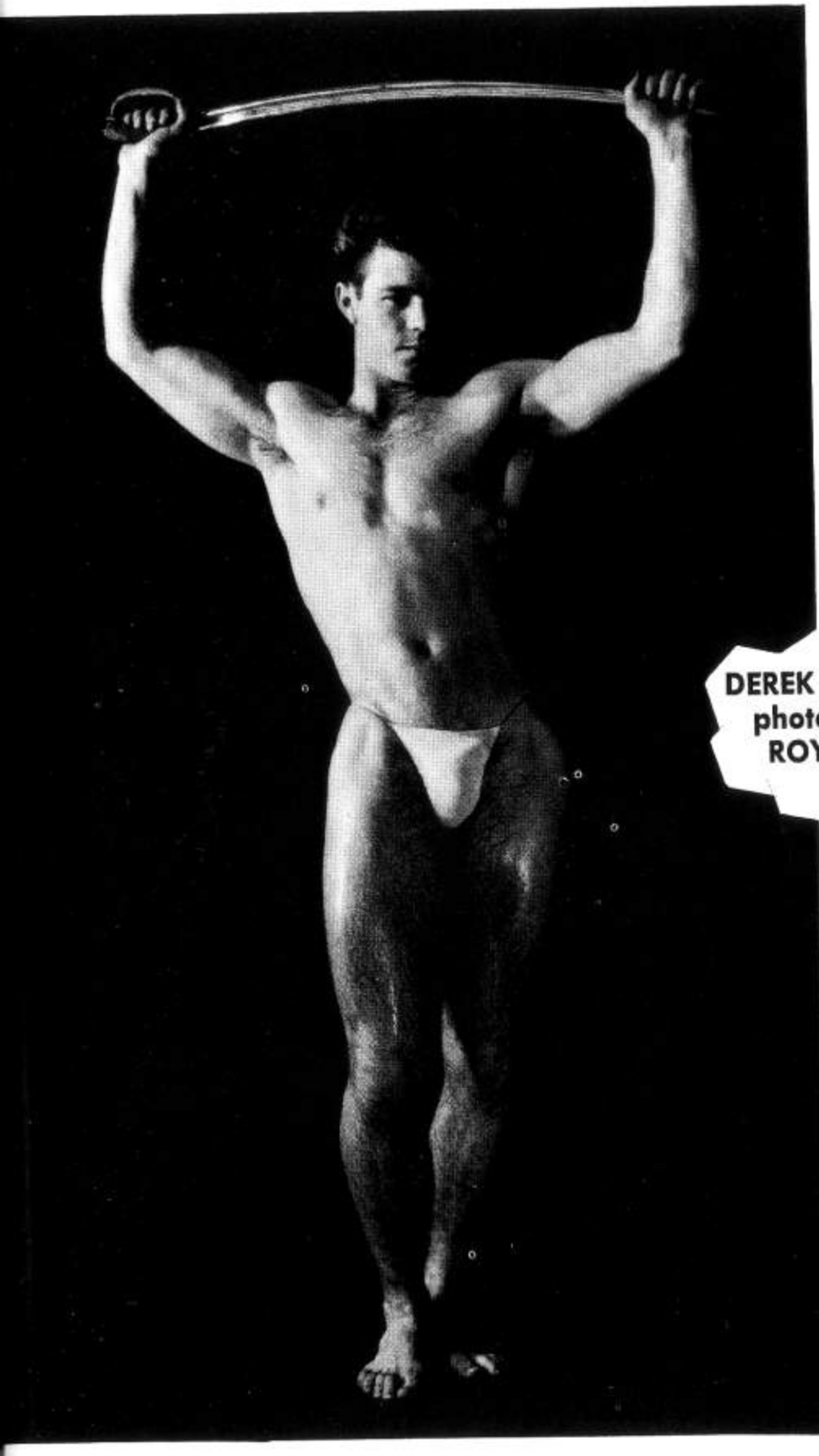


ED FURY

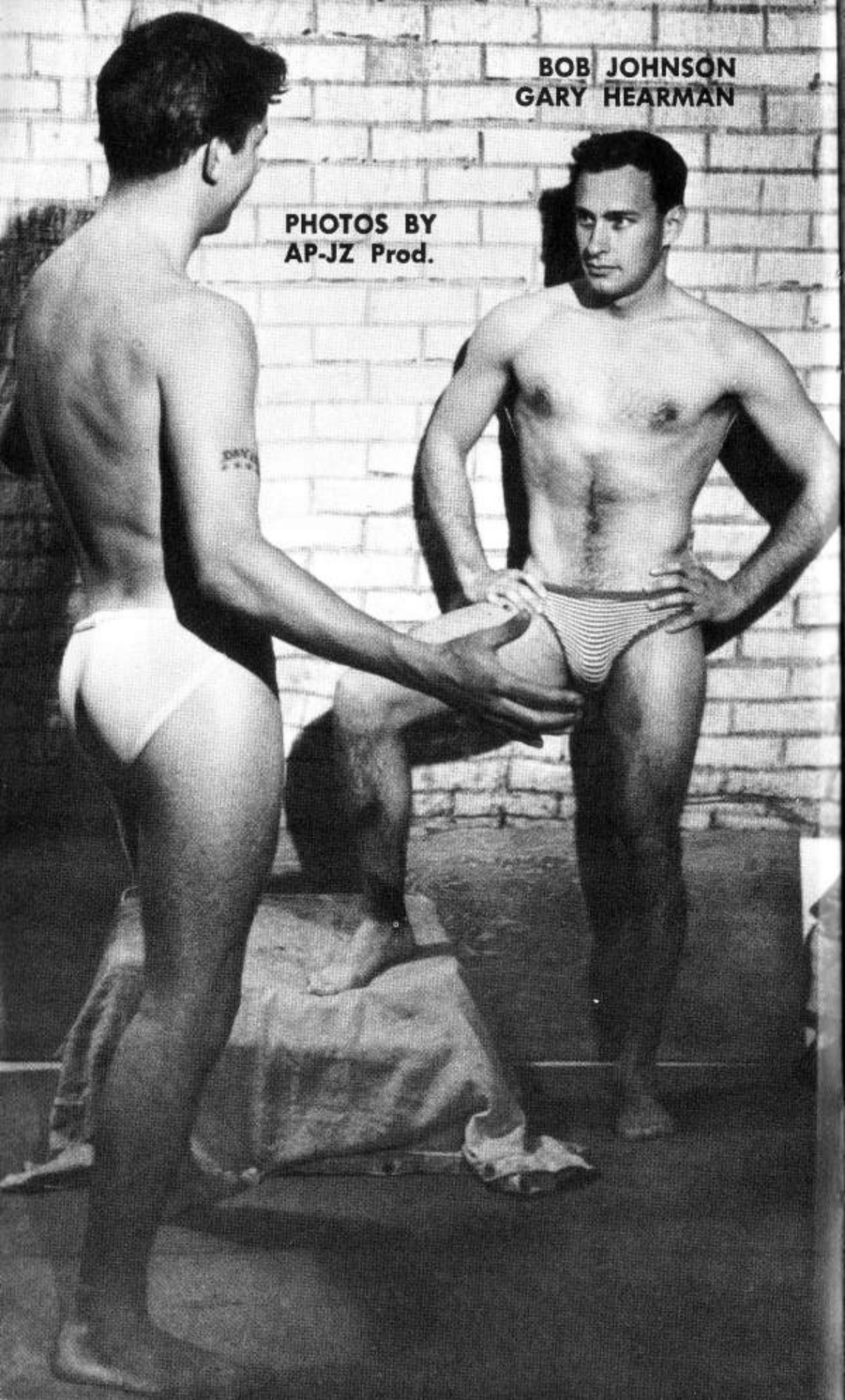
PHOTOS BY APOLLO

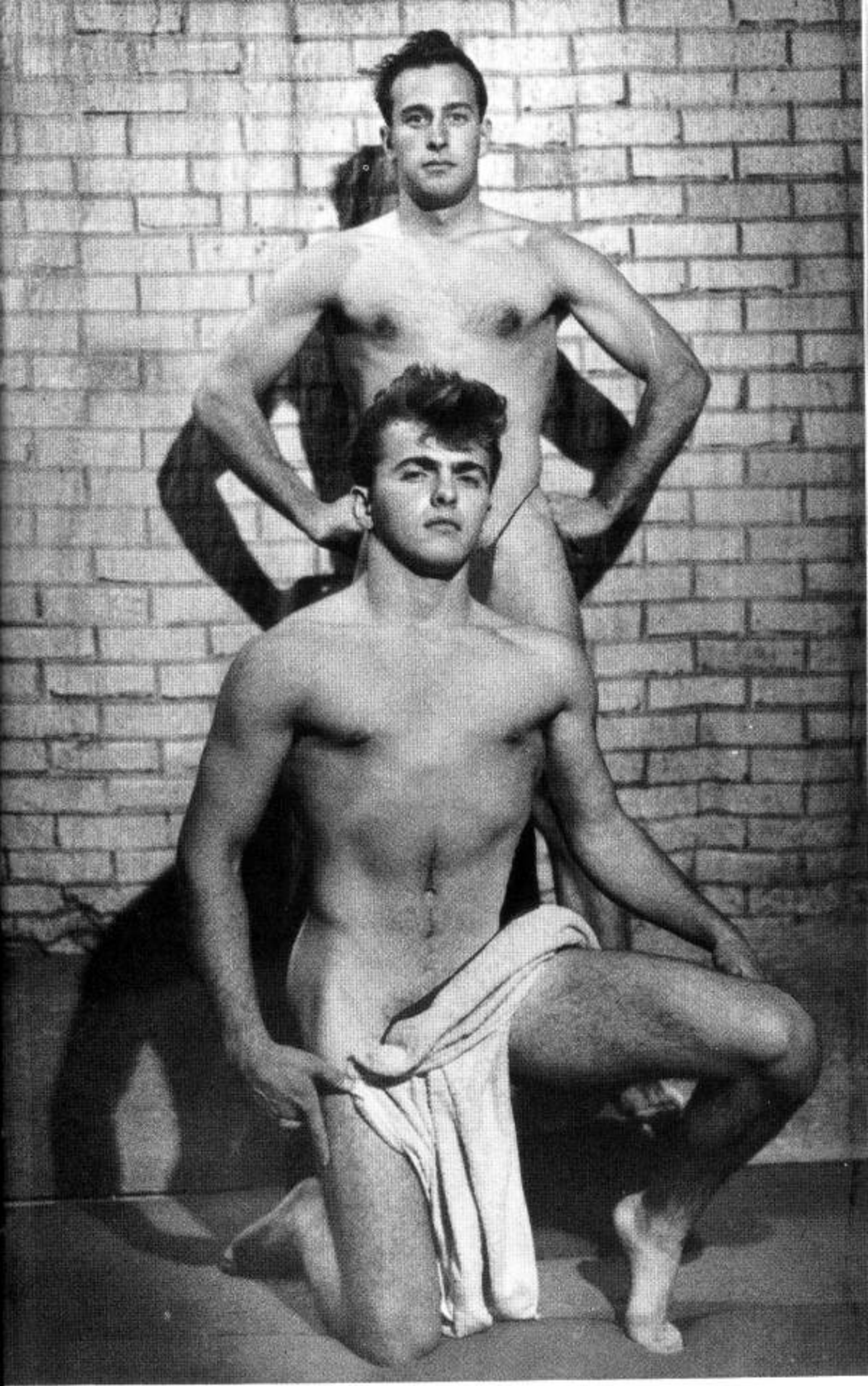




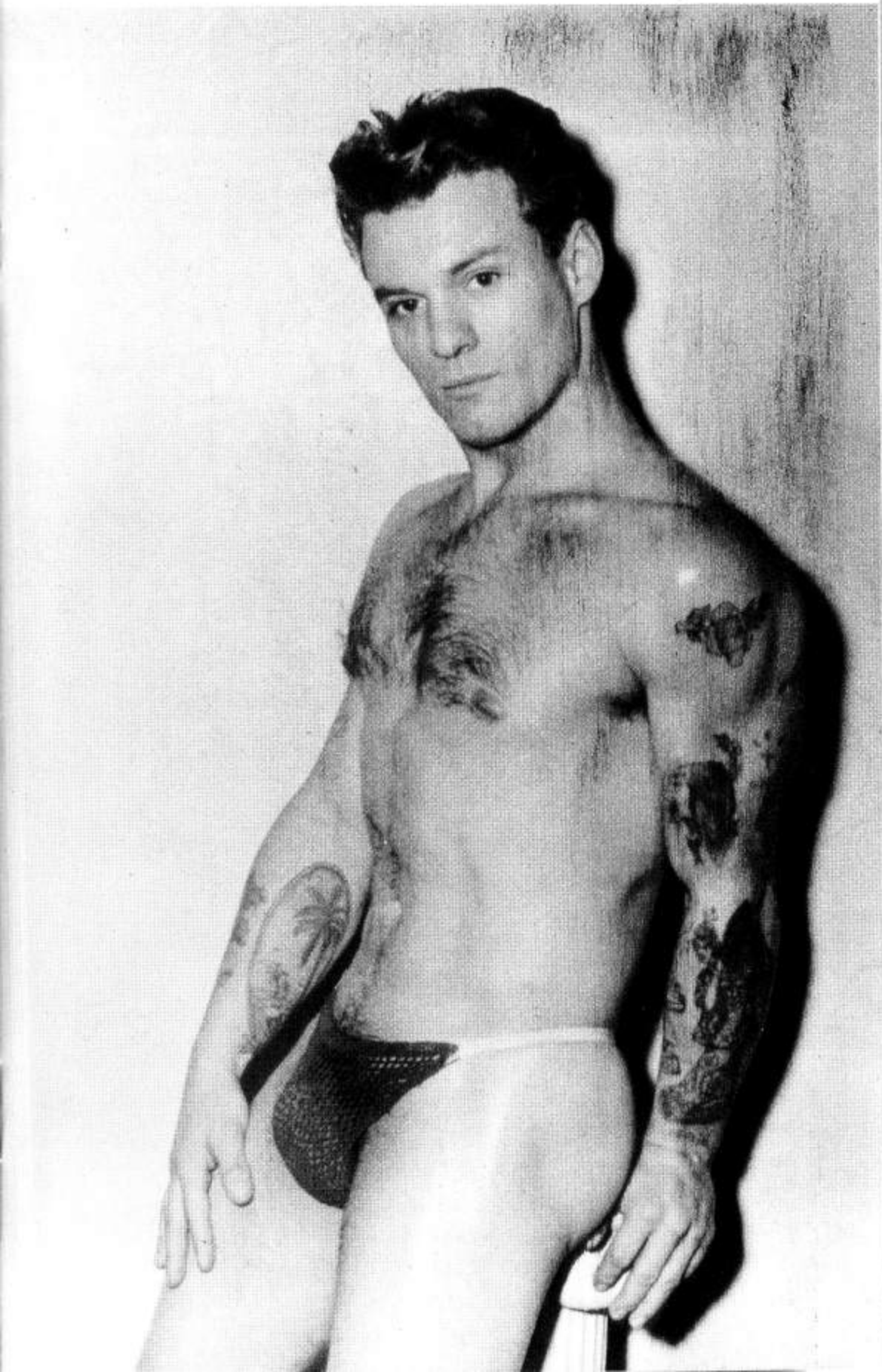


DEREK WHITE
photos by
ROYALE

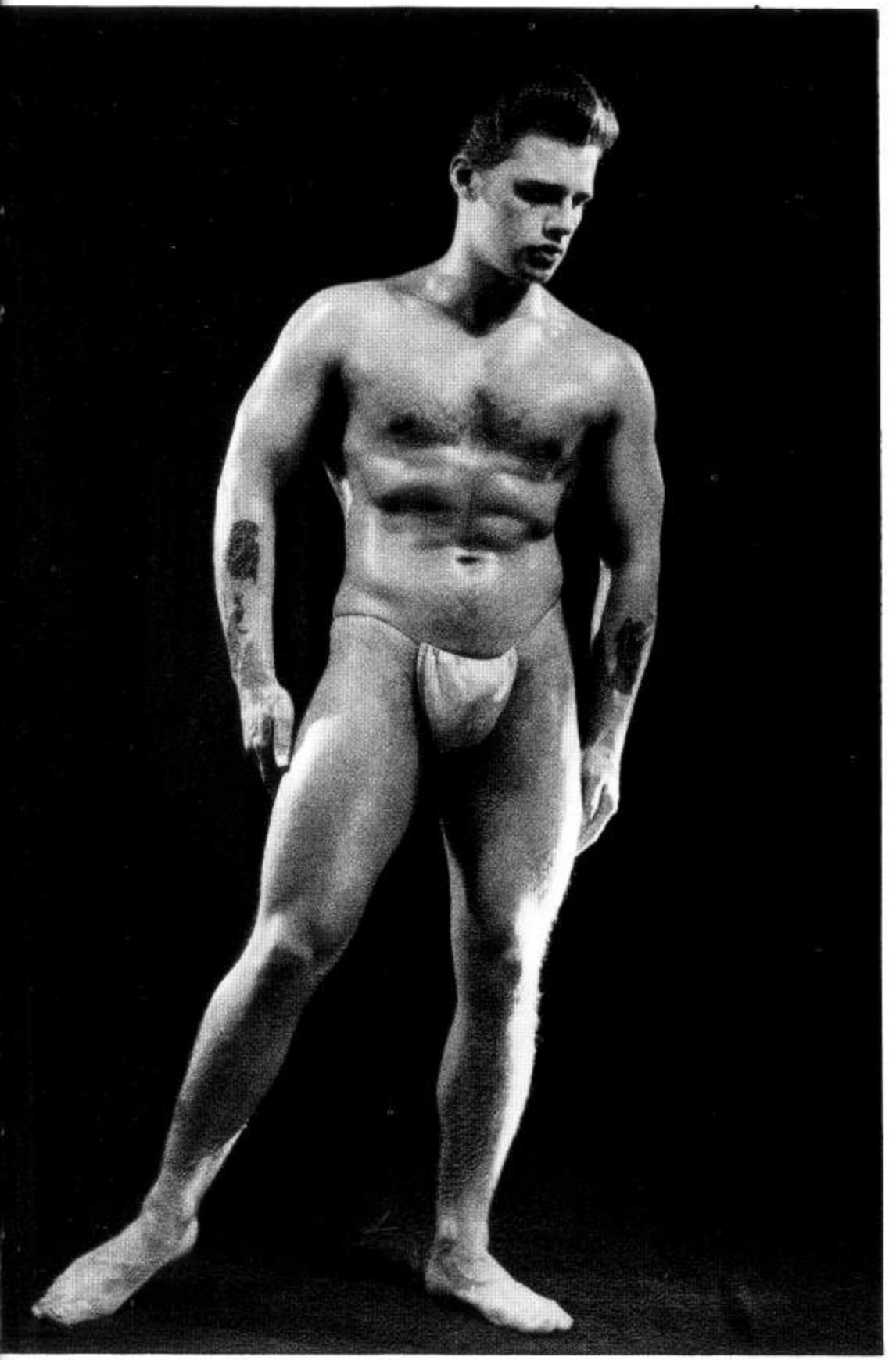

BOB JOHNSON
GARY HEARMAN
PHOTOS BY
AP-JZ Prod.



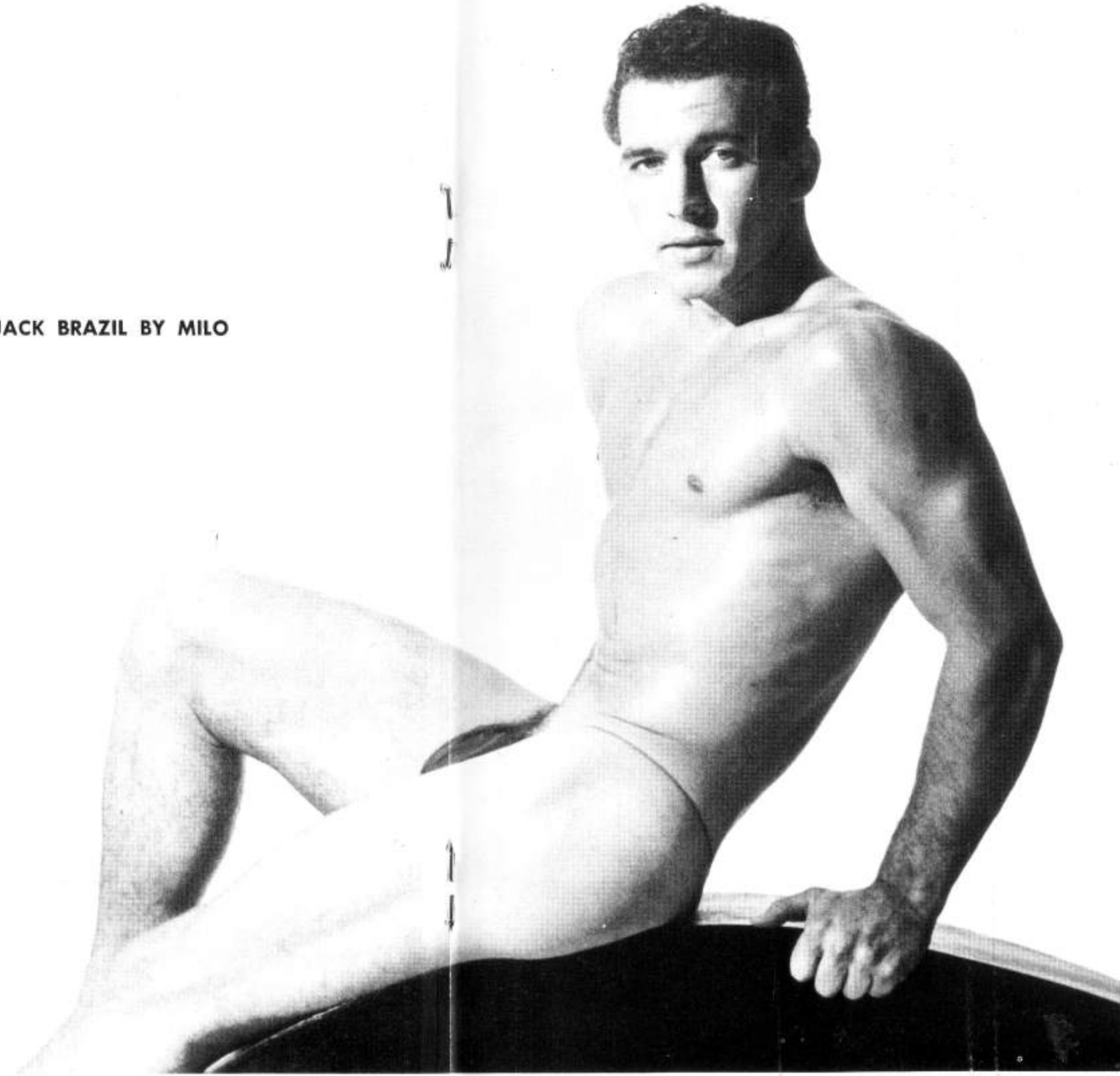
JOHNNY SAVAGE photos by JON ARNT



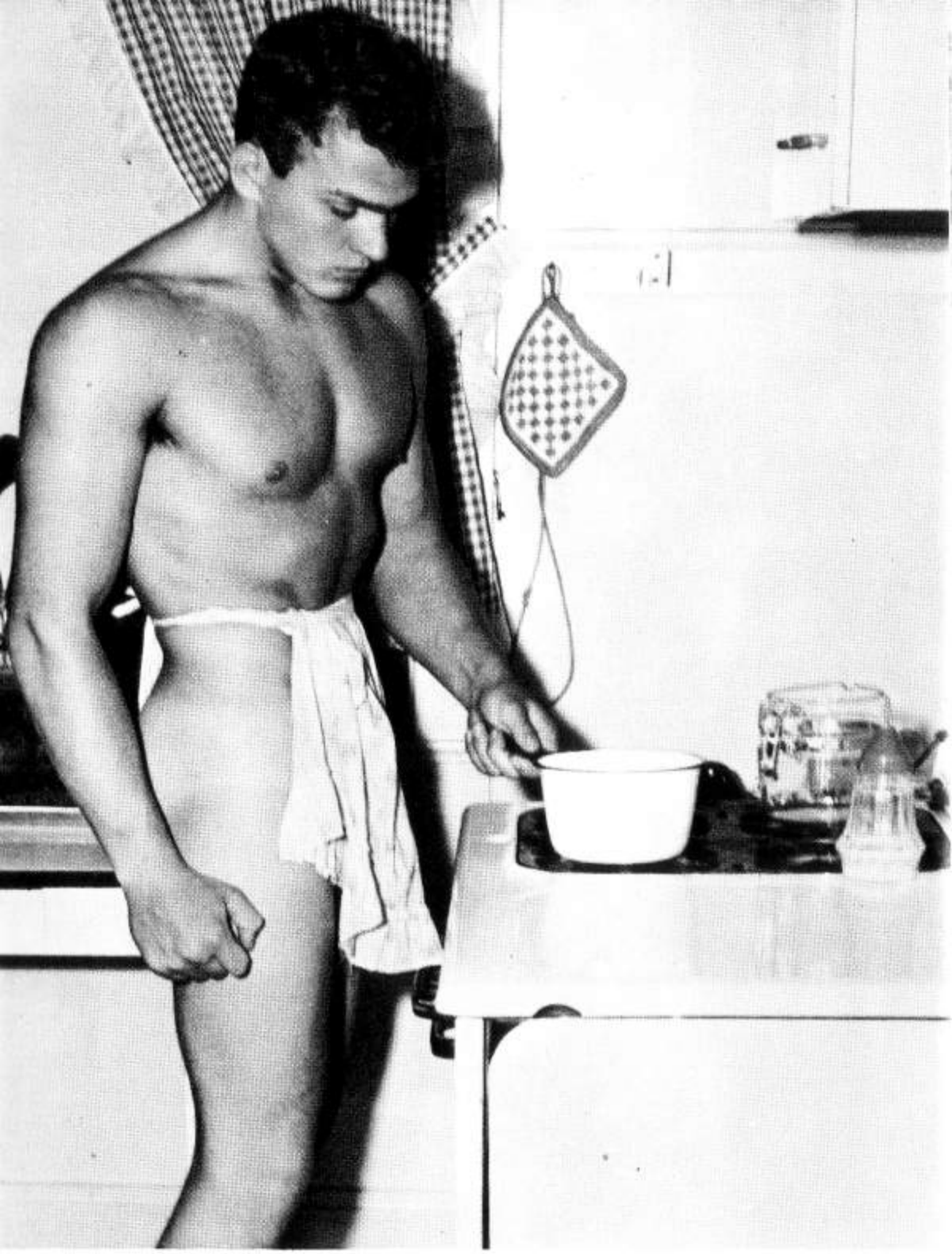
"KID" JONATHAN, 19 years, 5' 7", 150 lbs. and a professional Wrestler.
Photos by JOHN GRAHAM



JACK BRAZIL BY MILO

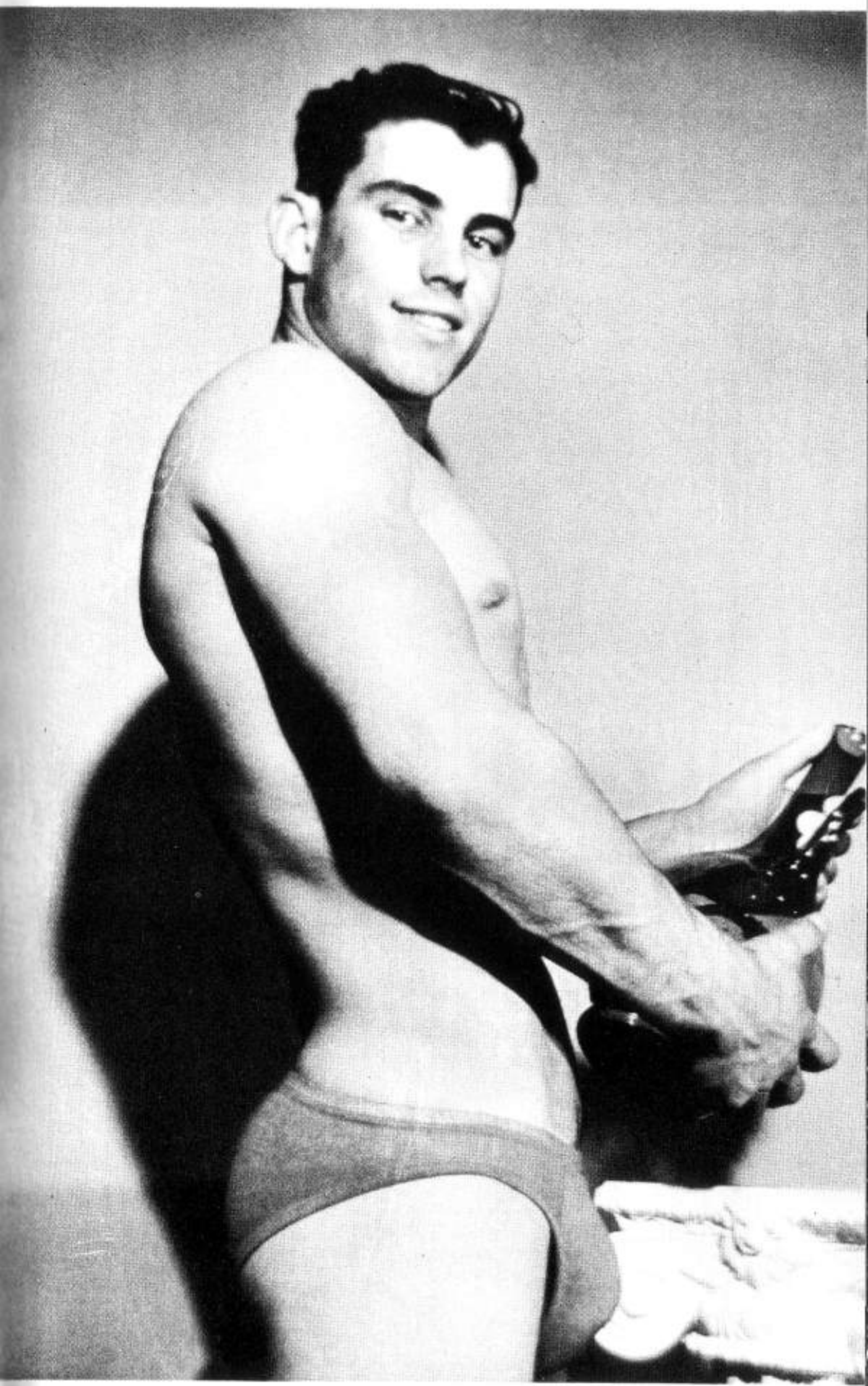


CHUCK FINLEY, famous Hollywood actor, in photos by Ralph Kelly. Chuck stars in Athletic Model Guild's newest film "Two Hoods In Hollywood". He's 6' tall, with green eyes, blond hair, and a fine physique.



SIG ULMANIS
PHOTOS BY
KRIS

MR. DOLLARD
IN TWO REFRESHING POSES
BY TAKE ONE



The bearded CLIFF in photos by WILLARD

Definition of Instant:

in'stant n
a very sh
ter, add
a glass of
really me

Definition of Instant:

in'stant n. (L. instans.) A moment, a very short time . . . for that matter, add some Insta-Pro powder to a glass of milk and see what instant really means!

AMERICA'S **BEST** Instant Protein

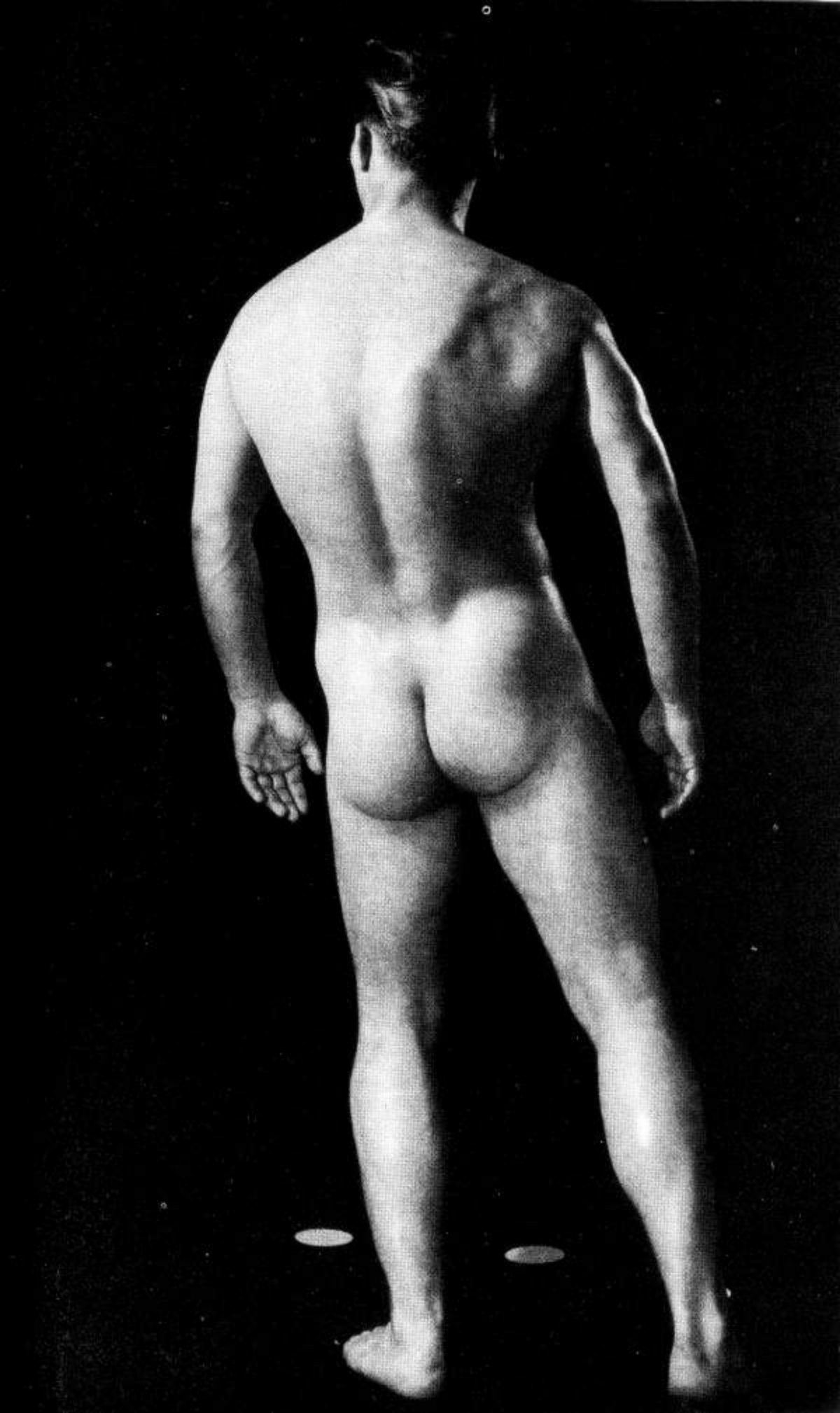
Delicious Insta-Pro furnishes 60% protein of high biological value, especially formulated to help you build **pounds** of solid muscle! Contains all the essential amino acids.

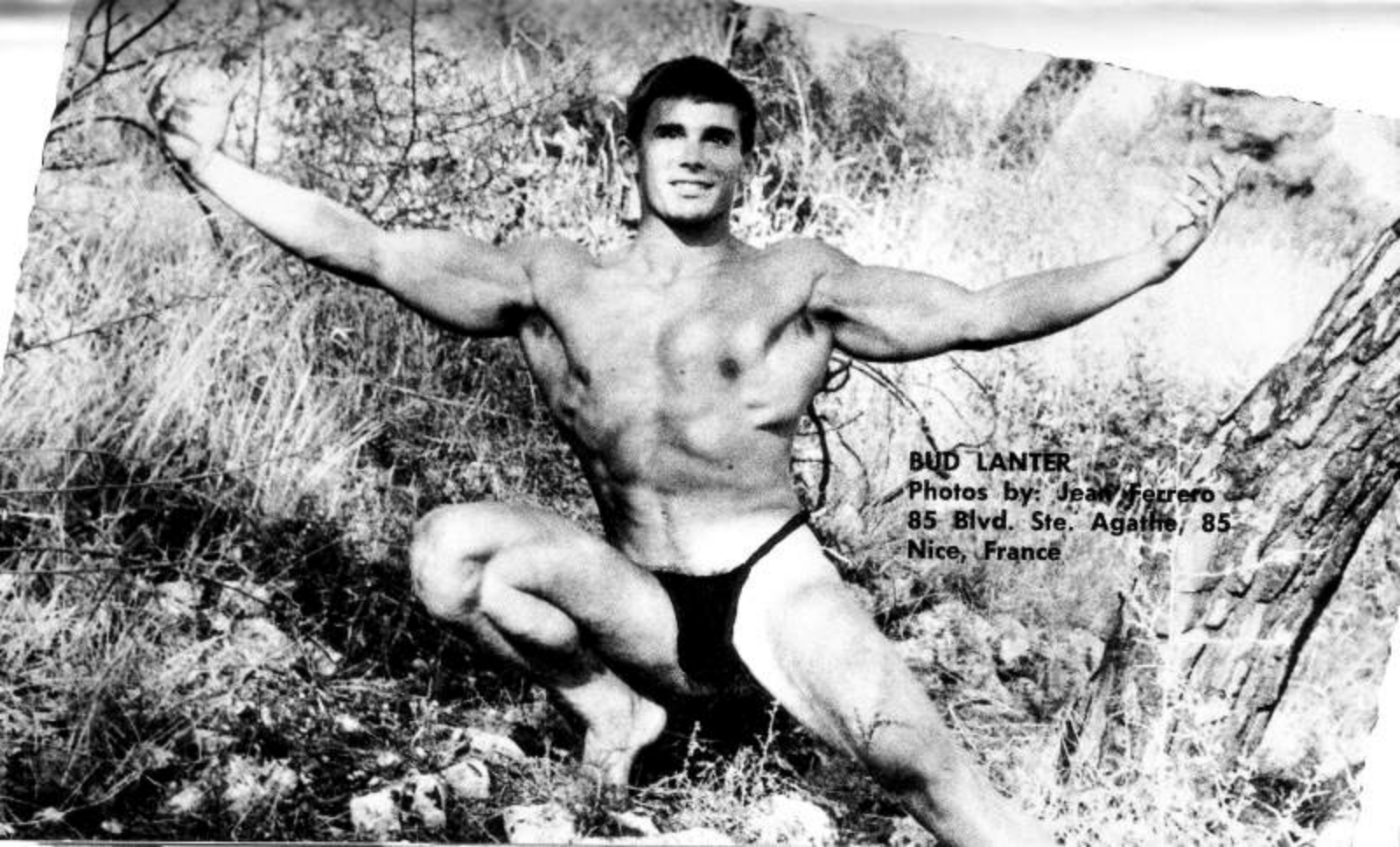
14 ounce can **$5.95**

4 pound can **$17.95**

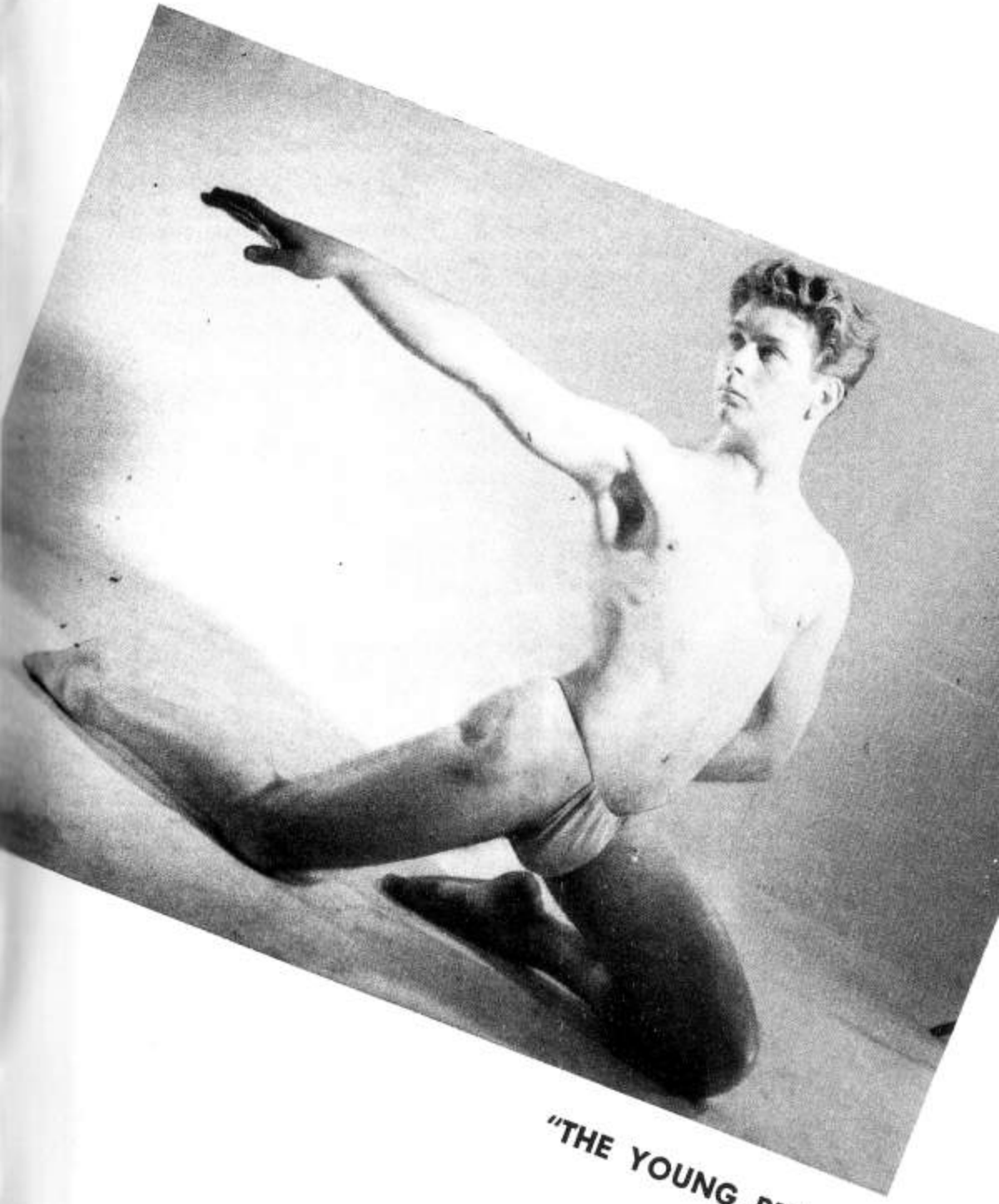
Prices complete as quoted, Prepaid to your door.

Order from VITA-MAN Laboratories, Inc.
P.O. Box 568, Benjamin Franklin Station, Washington 4, D. C.

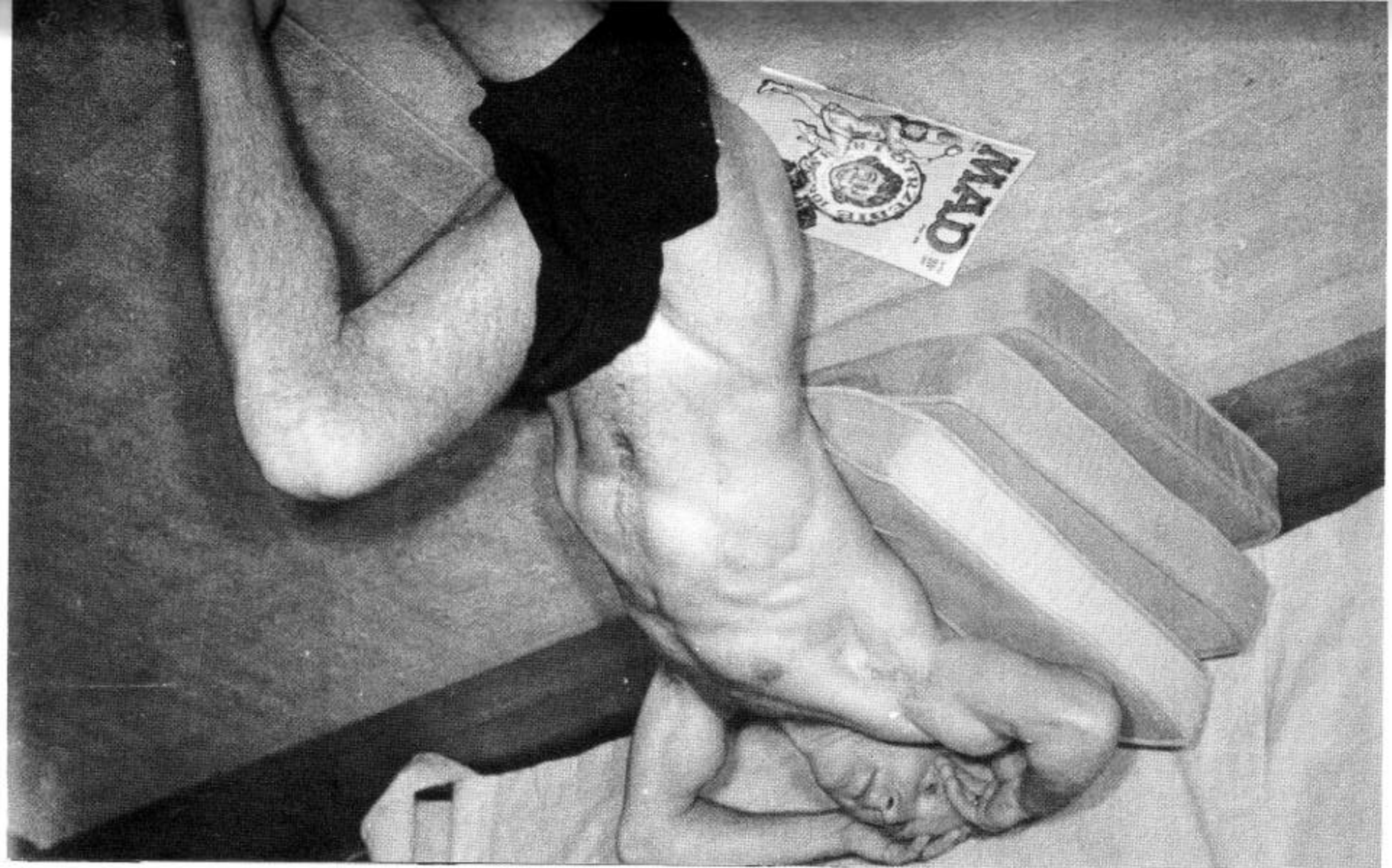



BUD LANTER
Photos by: Jean Ferrero
85 Blvd. Ste. Agathe, 85
Nice, France

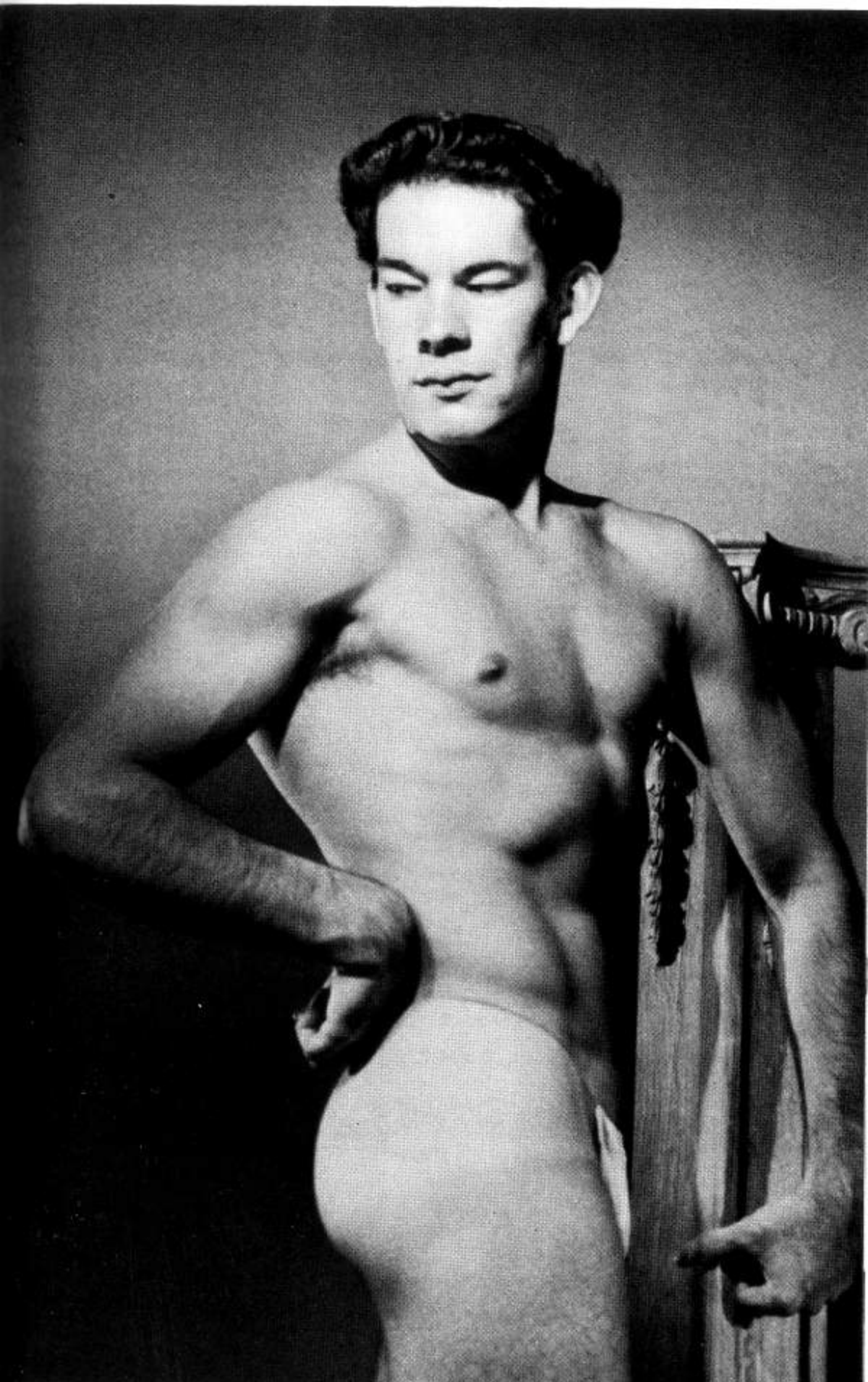
JIMMY SHAW demonstrates the first step in
photos by BM/VADC



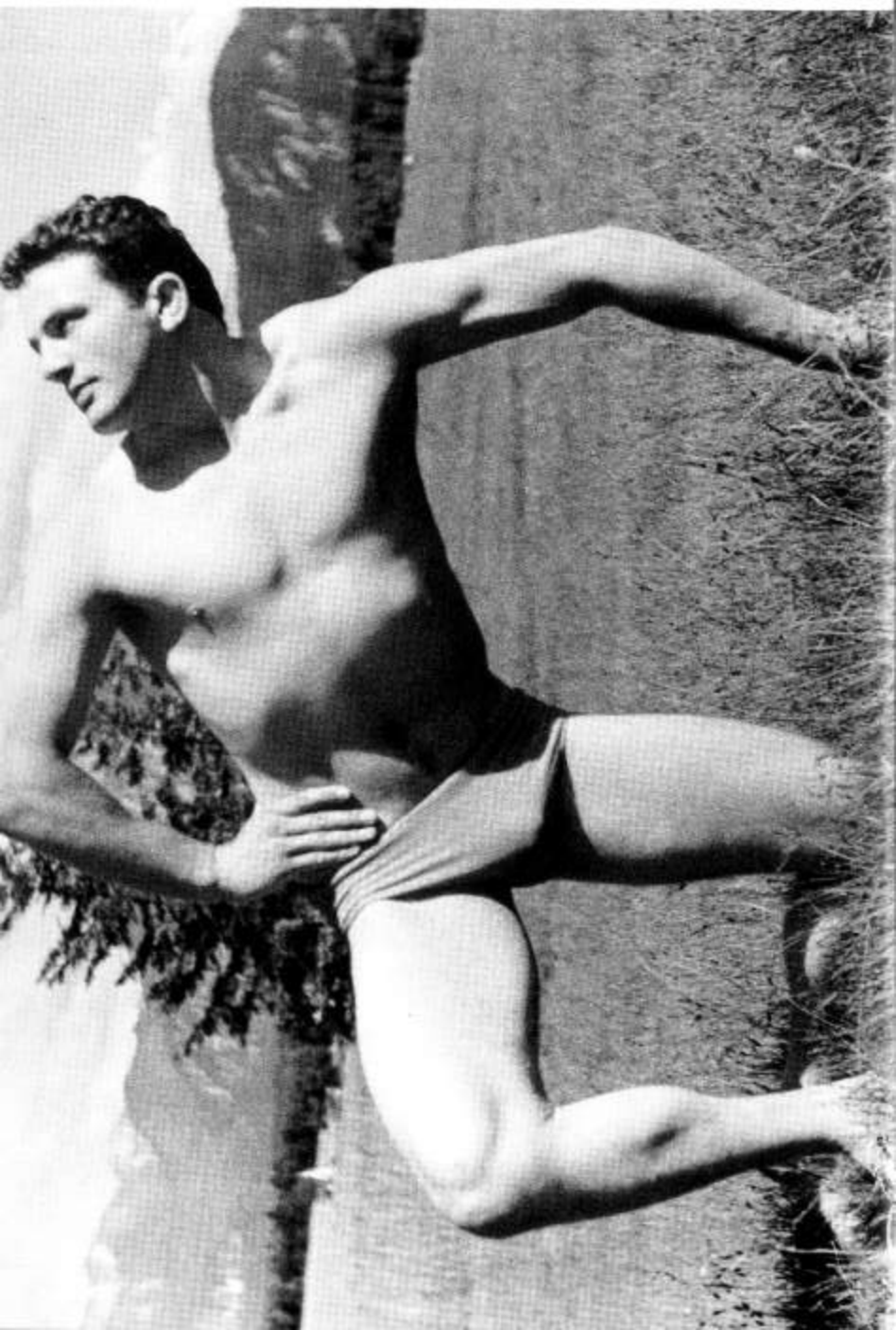
"THE YOUNG PRINCE"

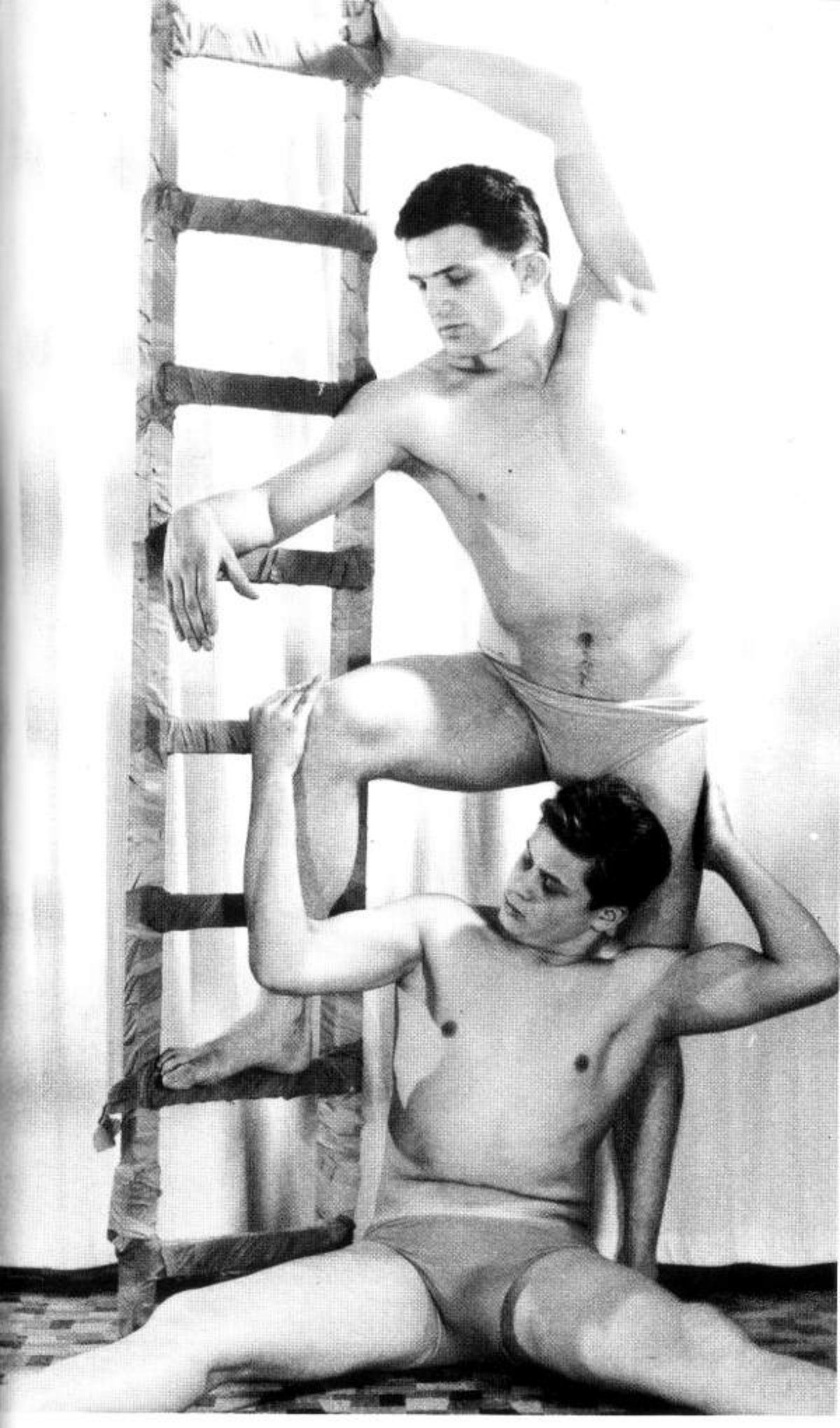

MAD

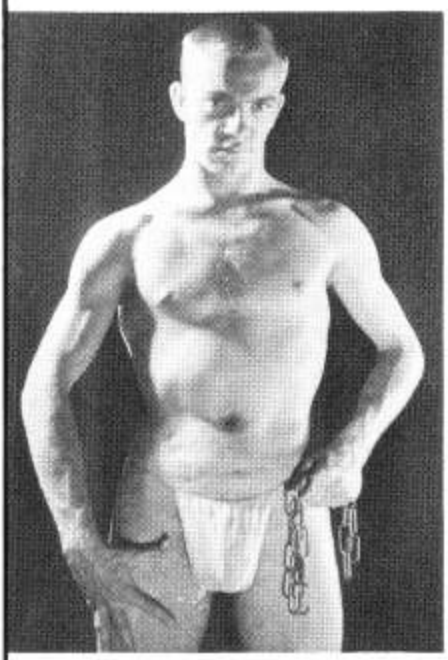
BILL SAVAN
photos by
SPARTAN



GEORGE LUKAS, below is 22 years old, 6' tall, and a Junior Master of Wrestling for many years. At right, GEORGE is pictured with youthful DETLEF WEISS. Photos by ROCKSTEDT.







BRAD RANSON

Young, New Body Builders!

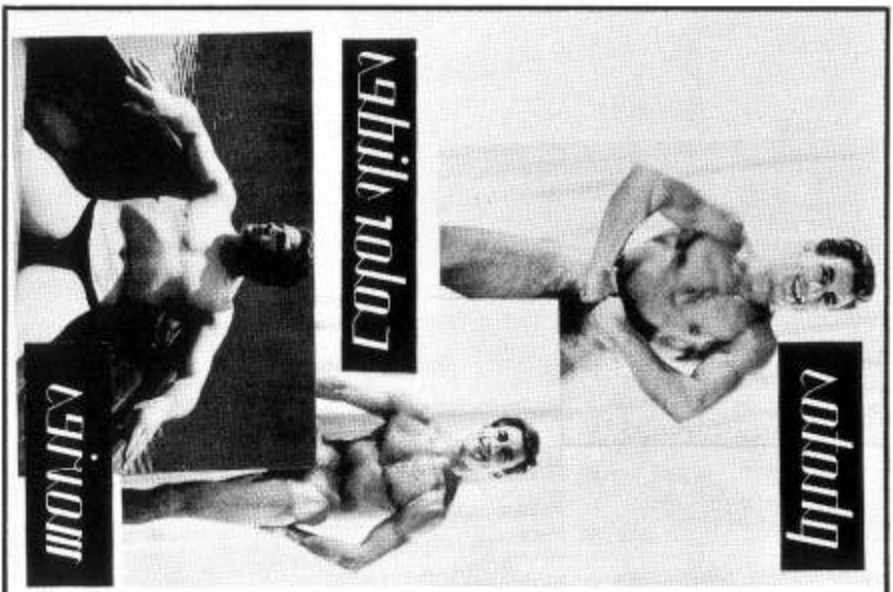
Featuring the muscularity, symmetry and balance that typifies the modern day young body builders. Attached is a sample photo of one of our many young models.

Each month we will feature one of our talented young models, proving that the youth of today will be the men of tomorrow.

FOR MORE SAMPLES FROM T.Y.C. SEND $1 AND NAME AND ADDRESS TO:

T.Y.C.

P. O. BOX 365
EL CERRITO, CALIFORNIA



Now Over 40 New European Models . . .

For catalog send only one Dollar to:

Kurt Rockstedt

LUDWIG LANDMANNSTRASSE 25
FRANKFURT/MAIN, GERMANY

4 Sensational sets of Teener

JOHNNY KEMPER

Each outstandingly different

All 4 sets for $10.00

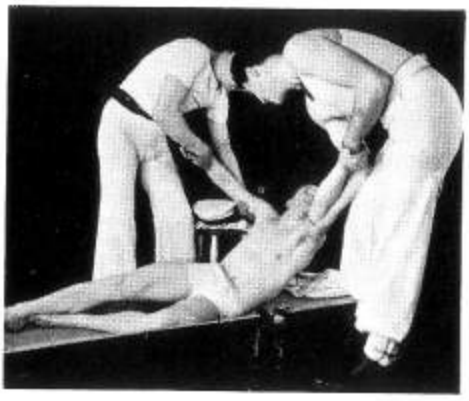
Four selector catalogs available:

$1 each

Bob Anthony

910 West End Ave. New York, New York

ROYALE 50 STORYETTES



unrivalled by any other studio. Authentic action. Lavishly illustrated lists and catalogues

only $3 (20/-)

Royale Photography

110 DENBIGH STREET
LONDON S. W. 1, England

LEE YARUSI

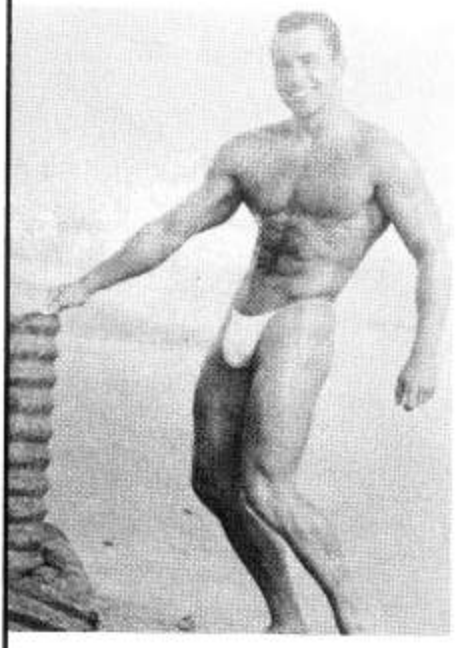
Photo by
CAL-MODELS

Falcon

Presents
JIM STEWART
and
A new and exciting concept in physique photography . .
ONE SIZE
ONE QUALITY
6 5 x 7 brilliant prints on highest quality paper
ONLY **$3.00**
Catalogs only $1.00

Falcon Studio

BOX 568 • FRANKLIN STATION
WASHINGTON 4, D. C.



SCOTT presents . . .
JOHN TRISTRAM

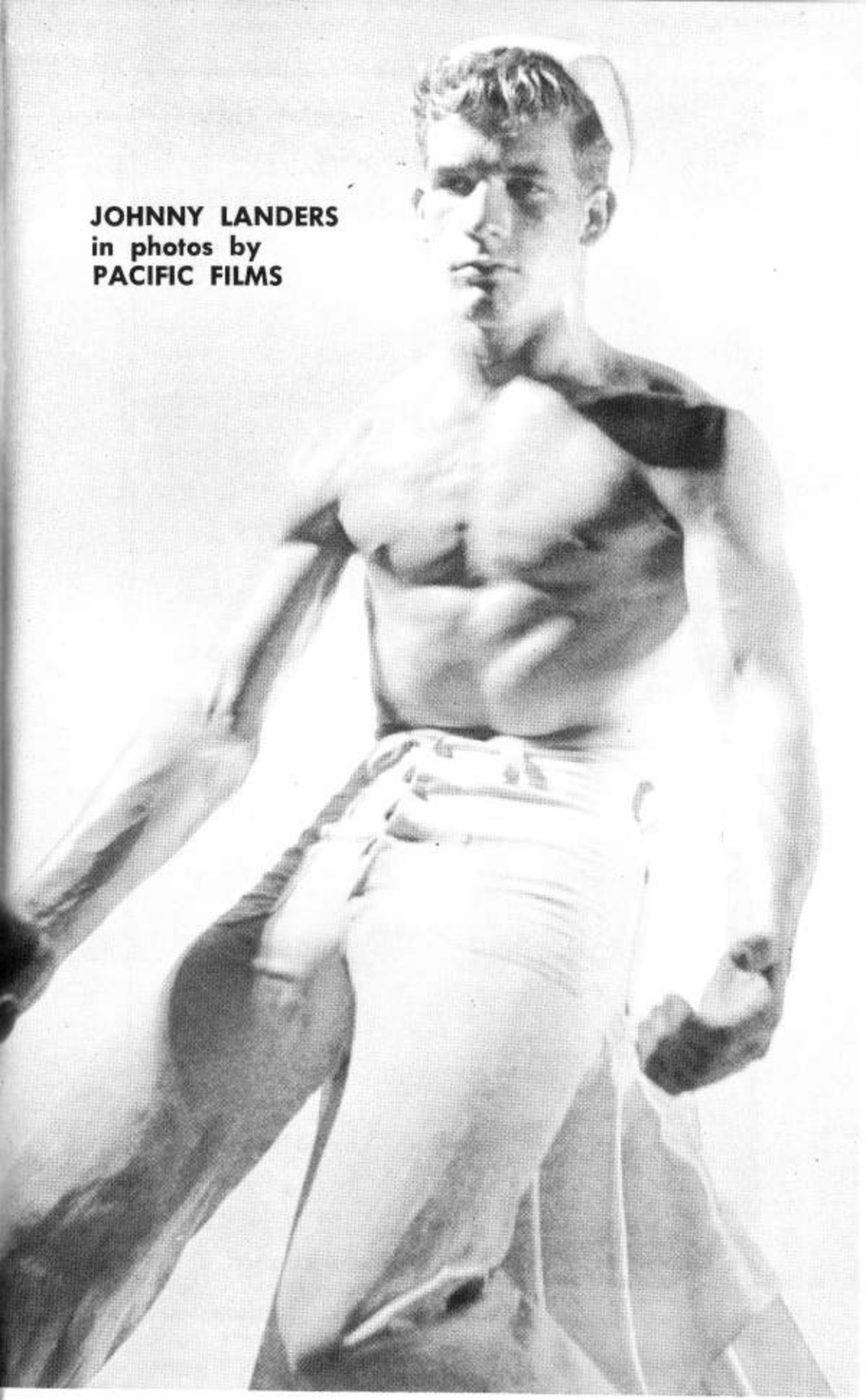
■

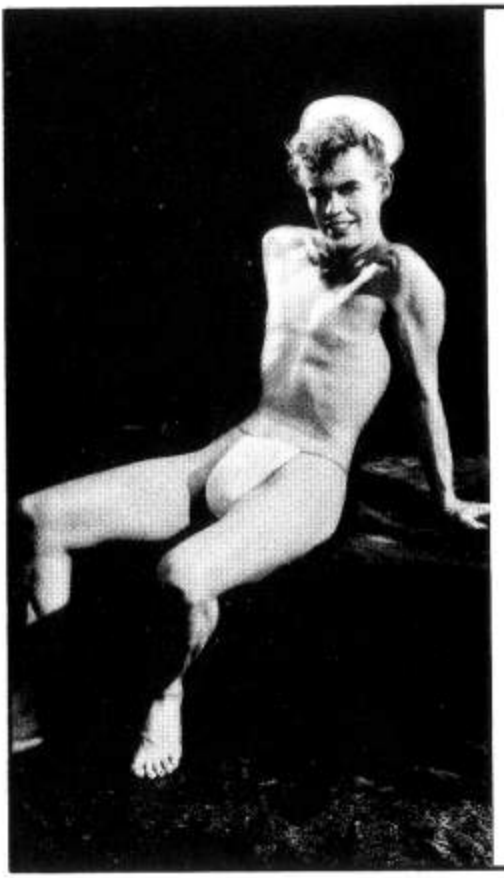
TWO DOLLARS will bring you a catalog of the model — ten small photos from which enlargements can be ordered—PLUS our FULLY ILLUSTRATED BOOKLET showing over 70 models.

■

SENT AIRMAIL ! ! !

SCOTT photography **1, Orme Court, London, W.2.**


JOHNNY LANDERS
in photos by
PACIFIC FILMS



JIMMY DALE

Young

Blond

Sailor

☆

Send one dollar for catalog E7 containing ten small photos.

EIGHT 4 x 5's . . . $ 3

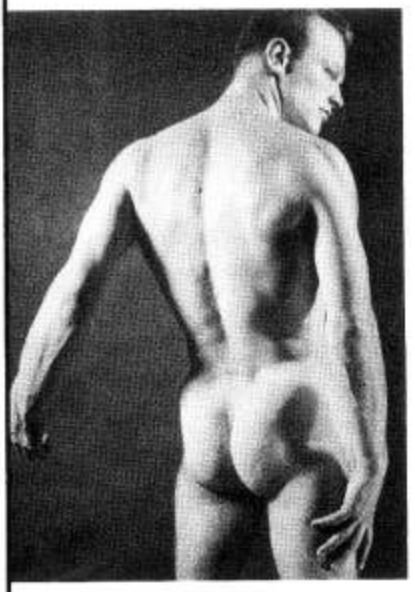
SIX 8 x 10's $10

☆

Don's Model's

BOX 8071

PHILADELPHIA 1, PA.



Kris Studio

POST OFFICE BOX 1251

CHICAGO 90, ILLINOIS

SERIES RO-43

Eight solo poses of handsome

RON O'BRIEN

4 x 5—$2.00

8 x 10—$7.00

CATALOG KRIS NO. 4,
Twenty-four pages of physique photos and drawings only **$1.00.**

14 Year young

ERNIE NIEMI

poses in

19 Pictures

in Catalog 7

☆

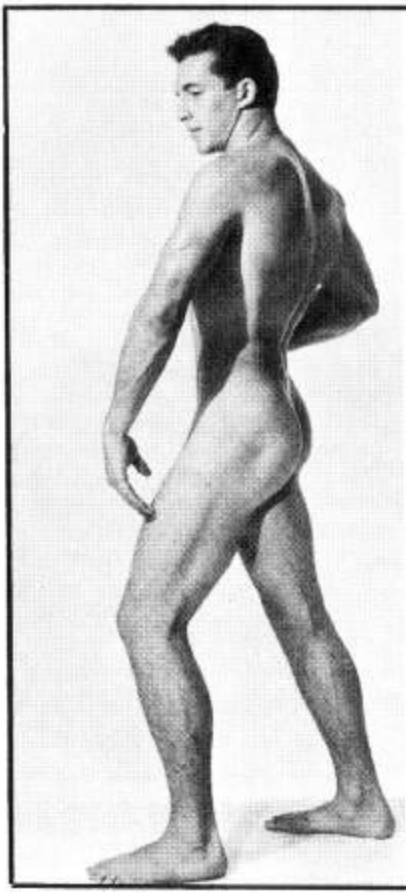
Send $1 to:

Capital

STUDIO

BOX 2512

WASHINGTON 13, D. C.



MILO SERIES 342

JACK BRAZIL

•

EIGHT BORDERLESS 4 x 5 PRINTS ON DOUBLEWEIGHT HIGH-LUSTRE PAPER FOR $3.00. AIR MAIL 25c EXTRA.

•

Milo

of

Los Angeles

601 S. VERMONT AVE.

LOS ANGELES 5, CALIF.

JIM STEWART

in photos by FALCON

Fizeek

DIRECTORY

Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs.

Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photographs for sale.

AP-JZ Productions, 5880 Hollywood Blvd., Suite 775, Hollywood, Calif.
Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Ave., N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 1302 E. Pike, Seattle 22, Wash.
Atelier, Alpha, Box 6239, Johannesburg, South Africa
Athletic Model Guild, 1834 W. 11th St., L. A. 6, Calif.
Atlas-Trade, P.O. Box 521, Aarau, Switzerland
B & B Studios, P.O. Box 65983, Gassel Sta., Los Angeles 65, Calif.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Capital Studio, Box 2512, Washington 13, D.C.
Colart, 76 King Street, Southall, Middx., England.
Photo by D. P. O., Box 183, Old Chelsea Station N. Y., N. Y.
Domenique of London, Suite 35a, 119 Oxford St., London
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Adrimont, Belgique
Falcon Studio, Box 568, Franklin Station, Washington 4, D. C.
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Foto Grafo, P.O. Box 326, Sundbyberg, Sweden
Fredon, Box 1407, Milwaukee, Wisc.
Frontier Athletic Club, c/o George Greig, 730 Emerald Street, San Diego, Calif.
John Graham, 173 Knightsbridge, Hyde Park, London, S. W. 7, England
Dick Harrison, P.O. Box 46723, L. A. 5, Calif.
Hussar Studio, Studio 34, 3 Golden Square, London, W.1, England
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa
J-Rome, Box 2303, Hollywood 28, Calif.
Kris Studio, Box 1251, Chicago 90, Ill.
Mark-One, Box 32, Lachine, Que., Canada.
William MacLane Studios, P.O. Box 9012, Queen Ann St., Seattle 9, Wash.
Master Physiques, P.O. Box 247, Union City, N. J.
Merrimac Hill Studio, Box 24029, Village Sta., Los Angeles 24, Calif.
Milo, 601 S. Vermont Avenue T., Los Angeles 5, Calif.
North Star, 21 Wascana, Toronto, Ont., Canada.
Pacific Films, 716 Key Route Blvd., Albany, Calif.
Pagan, Wellington, Chambers, Nicholas Croft, Manchester 4, England
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
Grover Reagan, 17 Degraw Ave., Teaneck, N. J.
Rockstedt, Ludwig Landmannstrasse 25, Frankfurt a/Main, Germany
Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Scott, Number One, Orme Court, London W. 2, England
The Sophisticate, 6 Normal Blvd., Glassboro, N. J.
Spartan, Box 46905 West Branch, L. A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
Sven Swede, Fack 53, Stockholm 20, Sweden.
TYC, Box 365, El Cerrito, Calif.
Titan, P.O. Box 1313, San Francisco, Calif.
Al Urban, 406 E. 73rd St., N. Y. 21, N. Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, 67 Bedford St., New York 41, N. Y.
Willard, P. O. Box 352, Grand Cent. Sta., N. Y. 17, N. Y.
J. Zenith, Box 775, 5889 Hollywood Blvd., Hollywood, Calif.

Finest Quality

WHITE POSING STRAPS

. . . only $1 each order from . . .

CAPITAL STUDIO

Box 2512
Washington 13, D. C.

Because of the unusual combination of a shortage in paper and heavy bindery losses, we have VERY FEW issues left of FIZEEK No. 13, July 1961. Issue No. 13 is now so scarce that it will be available at the price of $1.00 for only a SHORT TIME.

BACK ISSUES OF *Fizeek*

At the present time all back issues of **FIZEEK** are available although many of the earlier issues are becoming scarce.

All issues are sent in plain envelope by sealed, First Class Mail, immediately upon receipt of orders.

No. 1—MAY 1959	**.75**
No. 2—JULY 1959	**.75**
No. 3—OCTOBER 1959	**.75**
No. 4—DECEMBER 1959	**.75**
No. 5—FEBRUARY 1960	**.60**
No. 6—APRIL 1960	**.60**
No. 7—JUNE 1960	**.60**
No. 8—AUGUST 1960	**.60**
No. 9—OCTOBER 1960	**.60**
No. 10—DECEMBER 1960	**.60**
No. 11—FEBRUARY 1961	**.60**
No. 12—APRIL 1961	**.60**
No. 13—JULY 1961	**1.00**

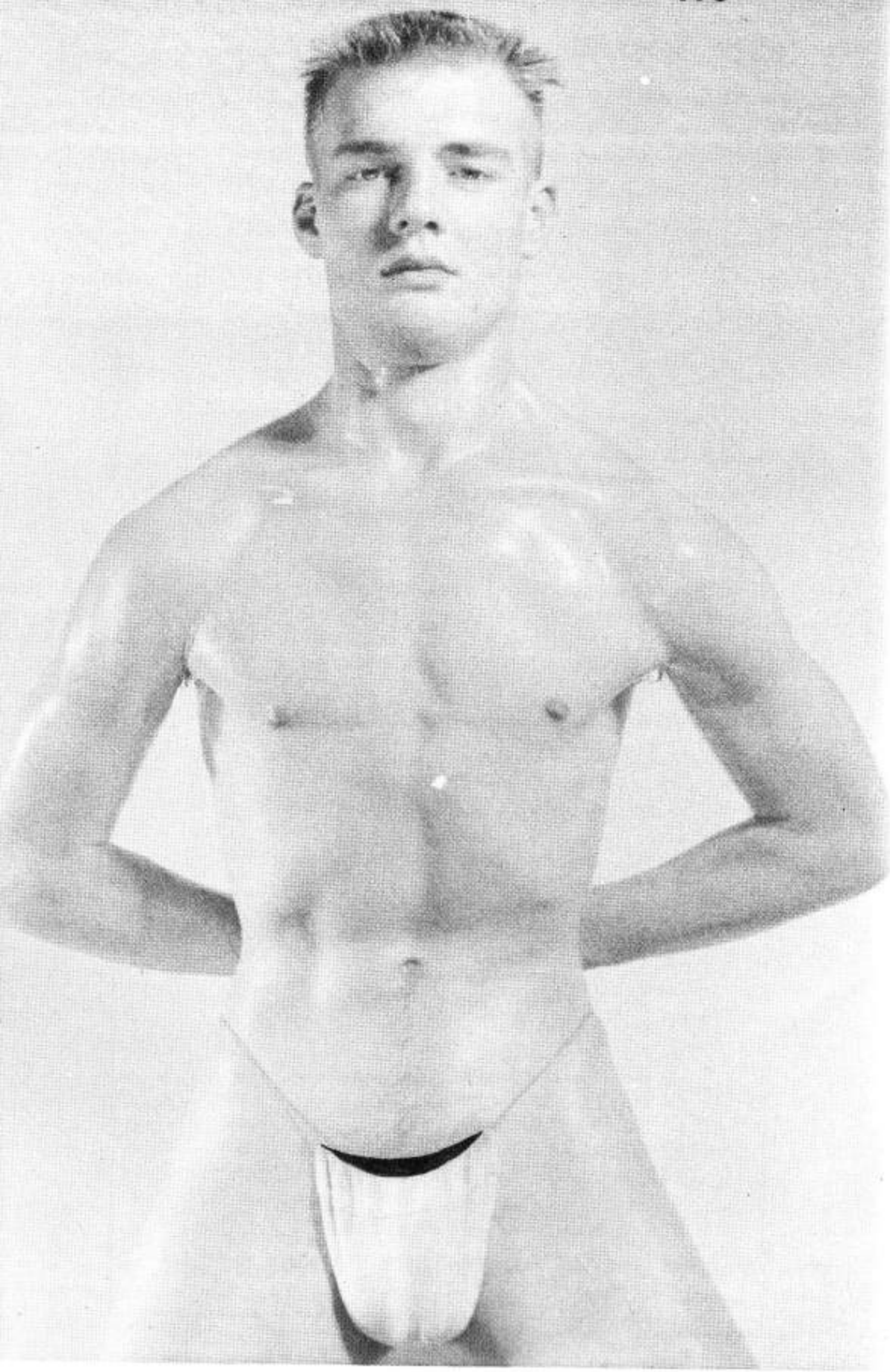
Complete Your Collection TODAY!

Fizeek Enterprises, Inc.

BOX 385, FRANKLIN STATION
WASHINGTON 4, D. C.

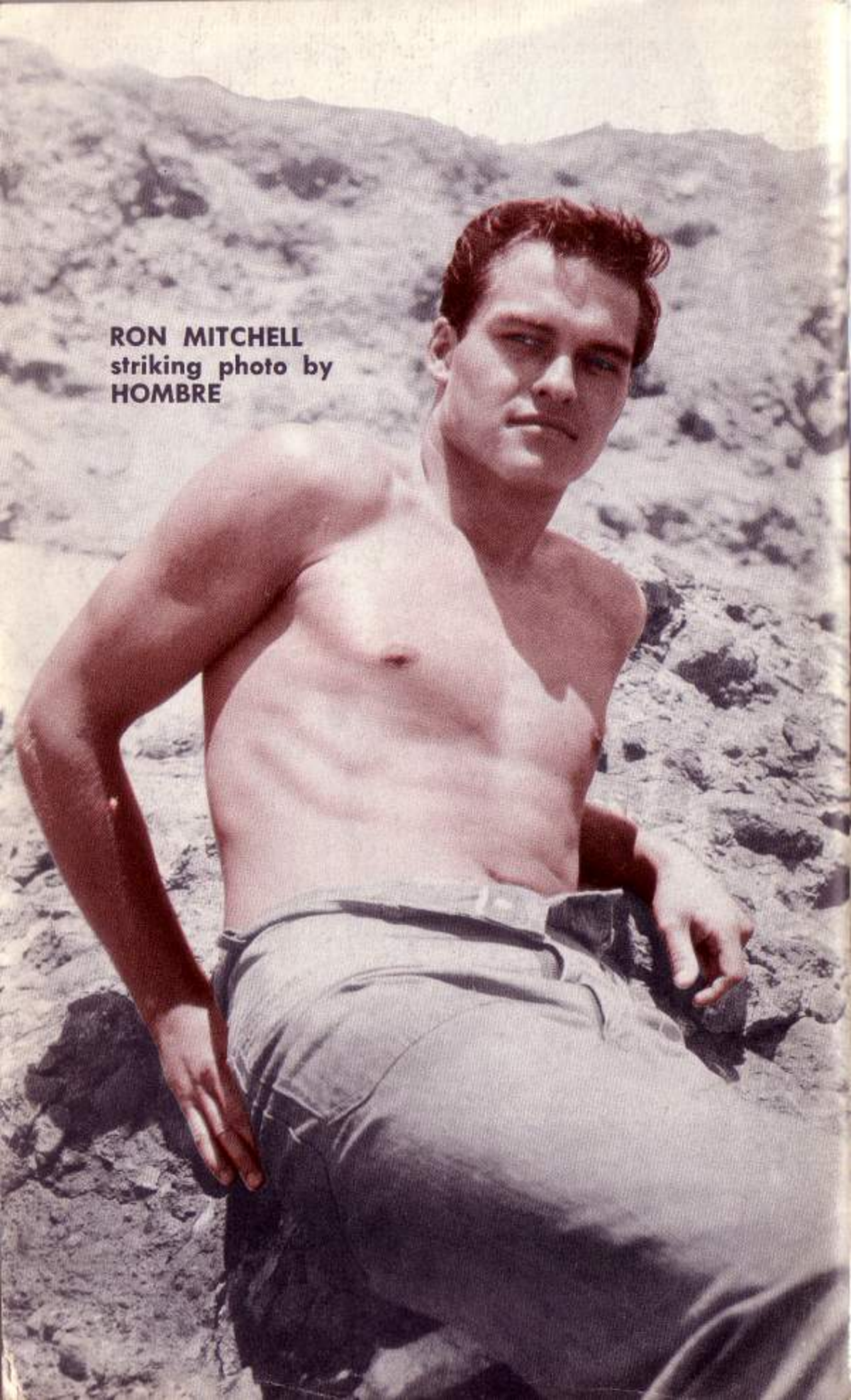
GEORGE NEOMOND

Photo by
TYC



JERRY
WILSON
19

B & B Studios


RON MITCHELL
striking photo by
HOMBRE